

MANUAL FOR PHYSICAL TRAINING  
IN  
HIGH SCHOOLS



Class GV483

Book M32

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# Manual for Physical Training

IN

## High Schools

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GV483

M32

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State Director of Physical  
Education

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November, 1922



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*First Year Course of Study*  
IN PHYSICAL TRAINING FOR  
HIGH SCHOOLS





## GENERAL INSTRUCTIONS.

1. Divide the work into three parts:
  - Part I. Determining Principles.
  - Part II. Physical Training Material for Boys.
  - Part III. Physical Training Material for Girls.

### PART I. DETERMINING PRINCIPLES:

#### **The Aim of Physical Training.**

The first aim of school gymnastics is to maintain and increase health, to develop and increase organic strength. Corrective work is a subdivision of this aim. The second aim is to develop and increase skill, also courage, determination and other mental qualities.

#### **The Means.**

The gymnastic means which the school can use to accomplish these aims are:

- I. Tactics in running, marching and rhythmic steps.
- II. Free exercises.
- III. Apparatus work.
- IV. Games.

Gymnasium classes should be divided into various divisions according to space and the attendance of the school. Generally in high schools they are divided into two divisions, A and B.

A. Division exercises on Mondays, Wednesdays and Thursdays.

B. Division exercises on Tuesdays, Wednesdays and Fridays.

In the first and second year high school course only mass work should be inaugurated in all tactics. According to requirements as follows:

A. Group I. As exercise of endurance and quickness, like running, playing games, dancing, swimming, tramping, rowing, skating, etc.

B. Group II. As exercise of skill and localized strength, like the calisthenics without or with hand apparatus (wands, dumbbells, clubs, etc.) or exercises upon apparatus like the horse, horizontal and parallel bars, booms, rings, ladders, etc.

Exercises for the muscles of the trunk must predominate. Whenever possible all movements of this kind should first be taken upon command, and then in rhythm (in time, in series). When taken upon command whenever practicable they should be combined with breathing exercises. When exercises have been well learned and are appropriate they should at times be performed to music. Most forms of field work also the exercises upon fixed apparatus, belong to group two. Track events like running belongs to group one. Exercises must be selected which keep as many pupils as possible employed at the same time. The object is to secure skill and correctness of execution, and to strengthen

certain rather well defined groups of muscles. Many of these exercises, especially the exercises upon apparatus, are admirable to develop courage, determination, presence of mind, and like mental qualities.

Group III. As exercises of order, marching exercises, tactics.

Group IV. As exercises of strength like wrestling, lifting weights, etc.

In accomplishing the aims outlined above, the relative importance of the means are as follows:

A. Group I. The first place is to be given to exercises of endurance and quickness, i. e. to exercises that have as their aims the increased mobility of the chest, sound heart and lungs, increased metabolism in the shortest time; namely to exercises, designed primarily for health and organic strength.

B. Group II. The second place is to be given to exercises of skill and of localized strength, i. e. to exercises whose aim is to increase co-ordination or to increase the strength of localized groups of muscles.

C. Group III. The third place should be given to order exercises (tactics).

D. Group IV. Exercises of strength should not be given to order exercises (tactics).

Jumping in one form or another is a part of each lesson, either in free exercises or as apparatus work.

On Monday and Tuesday the free exercises are taken standing in open order. The apparatus work is also taken in mass work. At least a half dozen of each of the following: horizontal bars, buck horse, ladders, climbing rope, giant stride, parallel bars, storm boards, rings, etc., should be placed in a gymnasium.

On Wednesdays when both classes, division A and B, attend, out or indoor track work is done. The lessons on this day should consist of:

I. Tactics in running, dancing or marching.

II. Two of the following events: High jump, shot put, pole vaulting, hop, step, jump, etc.

III. The start for the dash or a relay race, the relay race is used because it is more interesting.

On Thursday and Friday the mass work in free exercises are taken in standing, marching, running and dancing, etc. If the gymnasium has not enough apparatus for the divisions then divide your division into squads of twelve pupils, for each kind of apparatus.

A first class gymnasium should be so constructed that it can be changed very quickly for open gymnasium by opening the large windows and various doors for outdoor ventilation and as useful for inclement weather. Well ventilated lockers with sanitary towels, etc., should be provided. The gymnasium and locker rooms must by all means be kept in well ventilated and sanitary conditions. In all exercises good form is of the greatest importance. It may appear difficult to influence swimming, hiking, rowing, skating, etc. It must nevertheless be the aim of teachers of physical training to get their pupils to indulge in these forms of natural exercises.

Pupils should also be encouraged to play highly organized games. This may be done by the formation of permanent teams in clubs, and by the preparation of schedules for play, or any other physical training activity after the regular hours of school, also on Saturday and on holidays. A leader class should be formed of the promising pupils who should have the one special hour per week for private instruction after

school hours, if permitted, in order to have qualified and responsible leaders to help lead the various classes. This will help to encourage pupils to invent suitable exercises and combinations. At suitable times during a lesson attention should be called to the effect of particular exercises. While the class aims for boys and girls are practically alike, there should be a great difference in the method of teaching gymnastics to the two sexes. Any instruction, mental as well as physical, which is harmful to the right development of girls should be avoided. In general the difference between the work of boys and girls is as follows:

- (a) For girls more attention should be given to dancing steps and corrective work. Dancing develops gracefulness which all women should possess.
- (b) In the track and field work, the apparatus work, and also in games, the physical work demanded of girls should not be as great as that required of boys.
- (c) For girls there should be less competitive track and field work than for boys, also fewer strenuous games, both forms to be limited, as a rule, to inter-class and inter-school competition. A girl should develop into a graceful, modest, refined and beautiful woman, not in a masculine way.
- (d) For boys there should be a gradually increasing amount of competition in track and field work, in apparatus work, and also in games. This competition should chiefly be inter-class and inter-school, and only exceptionally should it be with outside school teams.

For the third and fourth year course divide the A and B divisions into squads in small numbers of pupils in order to give the pupils more trials or chances of the various combination exercises on the apparatus. Special track work should be taken after school hours.

No nation can be efficient, prosperous and happy to the fullest extent without physical education as a fundamental part of its educational program in all its schools. Therefore, we suggest the following plan in order to encourage interest and enthusiasm for a credit system.

Elementary and high school system as follows:

## PHYSICAL REPORT.

Name		Date								Quarter		
	Q		M		M		M		M	M	T	
Inspection	I	Order	5		5		5		5	Development.	5	25
	II											
	III			School Spirit		Neatness		Strength				
	IV											
Health habits	I	Standing	5		5		5		5	Breathing	5	25
	II											
	III			Walking		Sitting		Marching				
	IV											
Health	I	Sound heart and lungs	5		5		5		5	Body Development and Weight.	5	25
	II											
	III			Endurance		Normal Conformation and Courage		A Clean Bill of Health				
	IV											
Execution	I	Graceful	5		5		5		5	Agility	5	25
	II											
	III			Spirited		Precisio		Force				
	IV											
											1	100
											2	
											3	
											4	
Item	1 Poor	Five merit points constitute an item.										
		2 Fair		3 Medium		4 Good		5 Excellent				

Item 1 Poor

Five merit points constitute an item.

2 Fair

3 Medium

4 Good

5 Excellent

There are four subjects to a report card.

Each subject has five items.

Each item has a maximum of five points.

The five items added together give the total maximum of 25 points.

The total maximum added with the three remaining subjects should give the grand total of 100 points.

This physical credit should be added to mental credit, and this sum divided by two will give grade for pupil's quarterly report.

\*M. stands for Maximum.

Q. stands for Quarterly.

T stands for Total.

## HEIGHT AND WEIGHT TABLE FOR GIRLS

Height Inches.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	34	35	36	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
40	36	37	38	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
41	38	39	40	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
42	40	41	42	43	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
43	42	43	44	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
44	44	45	46	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
45	46	47	48	49	40	.....	.....	.....	.....	.....	.....	.....	.....	.....
46	48	49	50	51	52	53	54	.....	.....	.....	.....	.....	.....	.....
47	.....	51	52	53	54	55	56	.....	.....	.....	.....	.....	.....	.....
48	.....	53	54	55	56	57	58	59	60	61	.....	.....	.....	.....
49	.....	.....	56	57	58	59	60	61	.....	.....	.....	.....	.....	.....
50	.....	.....	59	60	61	62	63	64	65	66	67	.....	.....	.....
51	.....	.....	62	63	64	65	66	67	68	69	70	.....	.....	.....
52	.....	.....	.....	66	67	68	69	70	71	72	73	74	75	76
53	.....	.....	.....	68	69	70	71	72	73	74	75	76	77	78
54	.....	.....	.....	.....	76	77	78	79	80	81	82	83	84	85
55	.....	.....	.....	.....	.....	85	86	87	88	89	90	91	92	93
56	.....	.....	.....	.....	.....	88	89	90	91	92	93	94	95	96
57	.....	.....	.....	.....	.....	89	90	91	92	93	94	95	96	97
58	.....	.....	.....	.....	.....	.....	90	91	92	93	94	95	96	97
59	.....	.....	.....	.....	.....	.....	91	92	93	94	95	96	97	98
60	.....	.....	.....	.....	.....	.....	92	93	94	95	96	97	98	99
61	61	62	63	64	65	66	67	68	69	70	71	72	73	74
62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
63	65	66	67	68	69	70	71	72	73	74	75	76	77	78
64	67	68	69	70	71	72	73	74	75	76	77	78	79	80
65	69	70	71	72	73	74	75	76	77	78	79	80	81	82
66	71	72	73	74	75	76	77	78	79	80	81	82	83	84
67	73	74	75	76	77	78	79	80	81	82	83	84	85	86
68	75	76	77	78	79	80	81	82	83	84	85	86	87	88
69	77	78	79	80	81	82	83	84	85	86	87	88	89	90
70	79	80	81	82	83	84	85	86	87	88	89	90	91	92
71	81	82	83	84	85	86	87	88	89	90	91	92	93	94
72	83	84	85	86	87	88	89	90	91	92	93	94	95	96
73	85	86	87	88	89	90	91	92	93	94	95	96	97	98
74	87	88	89	90	91	92	93	94	95	96	97	98	99	100
75	89	90	91	92	93	94	95	96	97	98	99	100	101	102

ABOUT WHAT A GIRL SHOULD GAIN EACH MONTH.

AGE.	AGE.
5 to 8.....	14 to 16.....
8 to 11.....	16 to 18.....
11 to 14.....	
	6 oz.
	8 oz.
	12 oz.
	8 oz.
	4 oz.

**Weights and measures should be taken without shoes and in only the usual indoor clothes.**

(Prepared by Dr. Thomas D. Wood.)

# HEIGHT AND WEIGHT TABLE FOR BOYS

Height, Inches.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	35	36	37											
40	37	38	40											
41	39	40	41	44										
42	41	42	43	45										
43	43	44	45	46										
44	45	46	48	47										
45	47	47	48	48	49									
46	48	49	50	50	51									
47	51	52	52	53	53	54								
48	52	52	52	52	53	54	57							
49	53	54	54	55	55	56	58							
50	55	56	57	58	59	60	61	62						
51	58	59	60	61	62	63	64	65	67					
52	61	62	63	64	65	66	68	69	70					
53	63	64	65	66	67	68	70	71	72	73				
54	65	66	67	68	69	70	72	73	74	75	78			
55	67	68	69	70	71	72	74	75	76	78				
56	69	70	71	72	73	74	76	77	78	80	82	86		
57	71	72	73	74	75	76	78	79	80	82	83	85	86	
58	73	74	75	76	77	78	80	81	82	84	85	88	90	91
59	75	76	77	78	79	80	82	83	84	86	87	90	92	97
60	77	78	79	80	81	82	84	85	86	88	89	92	94	97
61	79	80	81	82	83	84	86	87	88	90	91	94	96	101
62	81	82	83	84	85	86	88	89	90	92	93	96	100	102
63	83	84	85	86	87	88	90	91	92	94	95	98	101	108
64	85	86	87	88	89	90	92	93	94	96	97	100	103	110
65	87	88	89	90	91	92	94	95	96	98	99	102	105	116
66	89	90	91	92	93	94	96	97	98	100	101	104	108	118
67	91	92	93	94	95	96	98	99	100	102	103	106	110	119
68	93	94	95	96	97	98	100	101	102	104	105	108	112	122
69	95	96	97	98	99	100	102	103	104	106	107	110	114	126
70	97	98	99	100	101	102	104	105	106	108	109	112	116	130
71	99	100	101	102	103	104	106	107	108	110	111	114	118	133
72	101	102	103	104	105	106	108	109	110	112	113	116	120	138
73	103	104	105	106	107	108	110	111	112	114	115	118	122	142
74	105	106	107	108	109	110	112	113	114	116	117	120	124	147
75	107	108	109	110	111	112	114	115	116	118	119	122	126	150
76	109	110	111	112	113	114	116	117	118	120	121	124	128	155

ABOUT WHAT A BOY SHOULD GAIN EACH MONTH

AGE.	AGE.
5 to 8.....	12 to 16.....
8 to 12.....	16 to 18.....
.....6 oz.	.....8 oz.
.....8 oz.	.....8 oz.

(Prepared by Dr. Thomas D. Wood.)

### **The Command.**

The good results in physical training depend to a great extent on the manner in which the command is given, therefore it is necessary to adhere to the following explanation:

The command is divided into four parts: Command of caution, of explanation, of execution and of discontinuation.

1. The command of caution: Attention! Stand! should be given in a clear distinct voice.

2. The command of Explanation explains or indicates the movement to be executed, for instance, "Arms forward, raise!"—and should be given distinctly and slowly in an explanatory manner.

3. The command of execution—Begin, Raise, Bend, March, Place, etc., is given in a firm, sharp tone.

Remarks: A short pause between the commands of explanation and execution should always be made. It is done in order to give the pupils time to think.

4. The command Halt! stops all exercises in this manual.

5. All exercises in halting position are called the explanatory exercises. Here is where corrections are to be made, which should not be too long.

### **Sitting Order to Exercises.**

Command: Attention!

Explanation: At this command pupils must sit erect, chest high, grasp hands in rear and close heels, feet flat on the floor.

Command: Rise, in four counts.

Explanation: At one, pupils sit erect, hands upon front desk. At two, pupils execute a one-quarter turn, either to right or left, placing feet together in the aisles and placing one hand on the rear desk and the other hand on your own desk. At three, stand up erect. At four, turn to the front. March forward and take your distance with raising arms forward. Arms down, Attention. All marches from the third grade up start always with the left foot.

The command Halt! may be used to stop them.

Attention! To seats march—one; at two, be seated and place hands on desk; at three, turn to the front. Arms in rear, fold.

### **Fundamental Position.**

Command: In position.....stand

Body erect, heels together, feet equally turned out at an angle of 15°, legs tense, arms by side tense, shoulders back and head erect, the weight of the body slightly rests upon the balls of the feet.





INCORRECT POSTURE.



CORRECT FUNDAMENTAL POSITION.



HANDS UPON HIPS WITH BENDING KNEES TO AN OBTUSE ANGLE.



BEND KNEES DEEP WITH HANDS ON HIPS.



HANDS UPON HIPS WITH CHARGE LEFT.



ARMS TO THRUST WITH LUNGING LEFT SIDEWISE.



BEND TRUNK TO OBTUSE ANGLE.



BEND TRUNK FORWARD TO RIGHT ANGLE.





ARM CIRCLE OVER HEAD.



BEND TRUNK LEFT SIDEWISE, WITH ARM CIRCLE OVER HEAD.



RAISE ARMS FORWARD, UPWARD.



HANDS UPON HIPS WITH STRIDE POSITION.



CROSS ARMS IN FRONT. WAND HORIZONTAL.



WAND VERTICALLY IN FRONT WITH STEP POSITION RIGHT FORWARD.



FUNDAMENTAL POSITION IN CARRYING INDIAN CLUBS.



CROSS ARMS IN FRONT WITH DIPPING CLUBS ON FOREARM.



### **Resting Position.**

Command: In resting position.....stand

Explanation: An easy position is to be taken, free from strain, the right foot remains in place, called the standing leg, on which the most weight is carried. The left foot is advanced forward a little. Hands in rear, grasp.

### **Explanations for All Technical Terms.**

#### **The Head.**

1. Lower head forward.....Chin touching breast bone
2. Lower head backward.....Face upward
3. Lower head sidwise.....Ears touching shoulder if possible
4. Turn head.....Move head  $\frac{1}{4}$  of a circle to the side.

#### **The Arms.**

1. Arms forward.....raise  
The arms should be tense, on the level with the shoulders and arms parallel with each other, palms inward, fingers closed.
2. Arms sidwise.....raise  
The arms should be tense, on the level with the shoulders, palms downward, knuckles upward.
3. Arms upward.....raise  
The arms move parallel to each other forward, upward, close to the ears, arms in line with the legs.
4. Arms backward.....raise  
The arms move parallel to each other backward, obliquely downward.
5. Arms in the rear.....fold  
The right hand grasping the left forearm, behind back and vice versa.
6. Arms to thrust.....bend  
The arms are flexed at the elbows to a right angle; elbows well back, forearms horizontal, hands clinched, knuckles turned downward.
7. Arms to a circle overhead.....raise  
The arms can be raised forward or sidwise upward by passing either through forward or side position to a circle over head, fingers touching.  
Arms sidwise to left (or right).....raise  
The left arm is raised sidwise and extended to the left, height of shoulders, the right arm is bent to the left at right angle, elbow bent on the level with the shoulders.

1. Hands in rear.....grasp  
The left hand is grasped by the right in rear of body; arms downward.
2. Hands on hips.....place  
The hands are placed on hips with thumbs well to the rear; fingers forward, elbows and shoulders drawn backward.
3. Hands on shoulders.....place  
The elbows sidewise, well back on the level with the shoulders; fingers touching shoulders, elbows opposite the ears.

### **The Trunk.**

- Trunk forward to obtuse angle.....bend
1. The body is bent at hips to obtuse angle; the spine is kept straight; chin up, chest forward, shoulders back and legs tense.
  2. Trunk forward to right angle.....bend  
The body is bent at hips to right angle, back straight and hollow, head in line with back, legs tense.
  3. Trunk backward.....bend  
Raise the chest, force the shoulders backward, lower head backward, face upward, legs tense, spine erect.
  4. Bend trunk left or right sidewise. Keep body erect, shoulders back, bend at the hips.
  5. Trunk to the right (or left).....twist  
The body is erect,  $\frac{1}{4}$  turn to the left or right; legs tense, heels together.

### **Legs.**

1. Knees to obtuse angle.....bend  
The knees are bent to obtuse angle and turned slightly outward, heels together, body erect, head up.
2. Raise heels.  
Stand on toes with heels close, or balance on toes, body erect.
3. Left (or right) knee at right angle.....raise  
The raised knee is on the level with the waist. Lower leg vertically, toes down, instep tense.
4. Bend knees deep, raise heels, bend knees outward as far as possible, weight upon toes, body erect, head up.
5. Raise leg left (or right) sidewise, raise leg tense, the foot about twelve inches from the base of floor or ground, body erect, head up.

### **Feet.**

6. Toe-step position.....stand  
Either forward, sidewise or backward.....one, the weight of the body resting on the stationary leg with one leg extended in the direction called, foot turned outward, toe touching ground.

7. Stride position.....forward, sidewise, backward. Place extended leg in given direction with foot flat on the floor, weight of body rests on both feet.

8. Charge step left and right forward, sidewise and backward in a small step in the given direction with knee bent, the other leg is tense or straight, body erect, feet 18 inches apart.

9. Lunge left or right forward, sidewise or backward. It is something similar to the charge step, only there is a larger space between both feet—about 30 inches apart.

Mark Time: Marching in place or spot. Raise heel with bending left knee, one, lower foot.....two, and at the same time raise the right heel with bending right knee.....repeat alternately in two counts. The left foot starts and when half of the movement is completed, the right foot follows.

Marching: Body should be erect, chest high, shoulders back; always start with the left foot. Rock step forward, sidewise and backward. Step and close feet with raising upon toes, one, lower toes.

### Follow Step.

One foot steps out, the other follows to close heels.

### Change Step.

Step left foot forward.....one

Right foot follows to close step.....two

Step position, left forward.....three

Same steps right.

Repeat alternately with a springing step or hop.

### Polka Step.

After a preliminary hop on left foot.....one.....and

Step right and left forward.....two.....and

Hop on right foot.....three.....and

Step left and right forward.....four.....and

Repeat all several times.

### Breathing.

The breathing exercise is of vital importance to the development of the lungs and chest and should be practiced at the close of each lesson. Inhale slowly and deeply through nostrils.....with lips closed, head erect, filling lungs to full capacity. Exhale easily through open mouth; the number of counts is indicated in lesson.

### Manner of Conducting a Lesson.

In order to do most good, a lesson must be taught in a live, energetic and spirited manner. Arm exercises, for example, should be executed in a brisk rhythm; head and trunk exercises should be performed in a

slower rhythm, but nevertheless with a full, strong contraction of the working muscles. Leg exercises may be either slow or fast (according to the effect sought). Leg exercises should be used later as balance movements; e. g., as positions taken only upon command. The dancing steps should be performed in a rounded, graceful manner, special attention being given to a finished execution. Tactics call for brisk, exact and simultaneous action by the whole class. Apparatus work, track and field exercises always should be performed in good form.

*To use the available time to the best advantage* must always be the aim of the teacher.

In track and field work, also in apparatus work, the teacher must see that as many pupils as possible exercise at the same time. There should be only enough inactivity between the exercises to allow a suitable rest period for those who have exercises. Arrange the classes so that they easily can see those exercising as well as those resting. There should be discipline in advancing to and retreating from apparatus.

### Salute With the Hand.

1. Right (left) hand.....salute

(a) Raise the right hand smartly till the tip of forefinger touches the lower part of the headdress above the right eye, thumb and fingers extended and joined, palm to the left, forearm inclined at about forty-five degrees, hand and wrist straight..... two, drop the arm smartly by the side.

(b) The salute for officers is the same.

(c) The left hand is used only when the right is engaged.

(d) Officers and men, when saluting, always turn head and eyes toward the person saluted.

(e) The salute should be rendered at six paces before passing or being passed by an officer unless the nearest point reached be greater than six paces and not more than thirty paces, in which case salute at the point nearest the officer.

(f) The salute being returned, or if officer passed and the salute was unobserved, drop the hand quickly by the side.

## HEALTH HINTS.

Always take the mass class work because it brings into action all the muscles. This produces a more finely proportioned body, and it is the smooth evenly developed body which can endure. This light work also acts beneficially on the circulatory, respiratory and nervous system. Apparatus work is good, but it can never alone take the place of the class drill. It can be a supplement but never a substitute.

"Health is the poor man's wealth and the rich man's bliss. It is not a free gift, one has to work for it."

## Training Schedule.

The following types of various lessons show the approximate schedule to be given to the different units of work.

A lesson is supposed to last at least sixty minutes. Three minutes allowed for personal preparations for gymnasium work, etc.

### BOYS:

Military or marching tactics.....	10 minutes
Calisthenics—Fast and snappy exercises with hand apparatus.....	15 minutes
Apparatus:	
Strength and swinging exercises.....	20 minutes
Games:	
Track or play games.....	15 minutes
Total time.....	60 minutes

### GIRLS:

Tactics in formation.....	5 minutes
Calisthenics and classical dancing.....	25 minutes
Apparatus.....	15 minutes
Athletics properly adapted in games.....	15 minutes
Total time.....	60 minutes

### TACTICS:

At a given signal all divisions fall into line. The tallest boy or girl is the leader, who stands at the head of the line facing the director, the others form their places according to their height. In the first few lessons this should be practiced for discipline.

- At the command, "attention," all stand in fundamental position, right hand upon right hip, providing there is enough space for the divisions. If not, dress right, elbow against elbow in line with the leader. On the command, "front," all turn heads to the front.
- Facing on commands. On the word, "face"—always turn.
 

Right.....	face.....	etc., several times.
Left.....	face.....	etc., several times.
Right about.....	face.....	etc., several times.
Left about.....	face.....	etc., several times.

 About face means.....always right about face.  
 This should be practiced until the class can do it in quick time.

## TACTICS:

3. At the command mark time in place.  
 March: The class starts with left foot, and at the command, "halt" always stop with a stamp on the right foot.  
 Practice until perfect.
4. Mark time in place with facing on command.  
 Left.....face.  
 Right.....face.  
 Left about.....face.  
 Right about.....face.  
 About.....face. (Meaning right about.)  
 Attention.....halt.
5. To your leader.....face.  
 Mark time.....march.  
 Forward.....march.  
 File or angle left.....march.  
 File or angle right.....march.  
 The leader should always execute the command on the word march.
6. Counter marches means in opposite directions.  
 Counter right.....march  
 Counter left.....march  
 Counter right oblique to rear.....march  
 Counter left oblique to rear.....march  
 The leader executes the command on the word march.
7. (a) File spiral to the left.  
 (b) Spiral to the right.  
 (c) Counter spiral left.  
 (d) Counter spiral right, etc.
8. In place.....run  
 Repeat all six lessons in running.  
 The leader must execute the direction on the word run.  
 Run to the first original place.  
 In place.....run  
 Attention.....halt  
 Inhale with raising arms sidewise, hands in rear of neck. six counts  
 Exhale and lower arms.  
 Repeat inhaling several times.  
 Left face and resting position.  
 Remarks: The time for marching or running in single file should be only about three minutes of the schedule.
9. In first time formation.....attention.....stand
  1. Form twos by passing in front.....march, etc.
  2. Form threes by passing in front.....march, etc.
  3. Form fours by passing in front.....march
  4. Form sixes by passing in front.....march
  5. Form eights by passing in front.....march
 March once around the gymnasium forming a column of ranks.  
 In marching keep your rank distance about the length of the ranks.
10. Formation in columns of ranks.
  1. Form twos.....march.....two counts
  2. Form fours.....march.....four counts

Remarks: The second rank of twos marches left obliquely forward to the first rank of twos, thereby forming a column of ranks of fours.

3. Form eights.....march.....eight counts

Remarks: The second ranks of fours marches left obliquely forward to the first ranks of fours, thereby forming eights. Always keep rank distances.

4. Form fours from ranks of eights.....march.....eight counts

Remarks: The second ranks of fours make a one-eighth turn right, and form in rear of first rank, which continues marching forward.

5. Forming twos is done in like manner, etc.

11. Wheeling tactics in columns of ranks:

- (a) By fours  $\frac{1}{4}$  wheel left.....march..... 4 counts
- (b) By fours  $\frac{1}{4}$  wheel right.....march..... 4 counts
- (c) By fours  $\frac{1}{2}$  wheel left.....march..... 8 counts
- (d) By fours  $\frac{1}{2}$  wheel right.....march..... 8 counts
- (e) By fours  $\frac{3}{4}$  wheel left.....march.....12 counts
- (f) By fours  $\frac{3}{4}$  wheel right.....march.....12 counts
- (g) By fours whole wheel left.....march.....16 counts
- (h) By fours whole wheel right.....march.....16 counts
- (i) By fours about face.....march.
- (j) By fours counter left or right.....march.

12. From these single file tactics and rank formations in wheeling the instructor should select any one of the above tactics to begin with the class lesson. The time limited for any one tactic is ten minutes. In practicing these tactics keep the body erect, shoulders back, head up.

These marching tactics are good for developing erect bodies with elastic steps and also good for discipline in transferring large masses quickly from one place to another in the shortest time. Always use these forms for open order for free exercises or calisthenics.

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they can easily see those exercising as well as those resting. There should be discipline in advancing and retreating to and from apparatus.

### **Sixty Minutes' Work In the Gymnasium.**

A class drill, apparatus work in divisions and closing with a game. "Three Deep Tag." See explanation below. As a preliminary, always have a short run or marching tactics.

### **March Tactics.**

Form rank of fours or sixes from a flank line. Four (or sixes) by the left flank, march. The remainder to follow in successive order after four (or six) steps, then march to the center of space to location for drill. Open ranks sidewise from the center to full arm distance. Schedule time.

### **Calisthenics.**

#### **EXERCISE I:**

- (a) Raise heels and raise arms forward.....one
- (b) Bend knees deep and move arms sidewise.....two
- (c) Return as (a) exercise.....three
- (d) In position, arms down.....four
- Repeat.....one.....to.....eight counts
- In front leaning rest—Fall, hands upon floor, legs extended, backward, body raised from floor.

#### **EXERCISE II:**

- (a) Raise left leg backward (upward direction) and  
raise right arm forward.....one.....halt
- (b) Lying position, lower arm and leg.....two.....halt
- (c) Raise right leg backward (upward direction)  
raise left arm forward.....three.....halt
- (d) Return to lying support.....four.....halt
- Repeat all, but omit the word halt.....eight counts

To position.....stand. Hands on hips.....place

#### **EXERCISE III:**

- (a) Turn and bend trunk forward obliquely to the  
left and stretch arms forward.....one.....halt
- (b) Return to position, hands on hips.....two.....halt
- (c) Same right.....three.....halt
- (d) Return to position.....four.....halt
- Repeat all, but omit the word halt.....eight counts

#### **EXERCISE IV:**

In back leaning rest. As front leaning rest.

- (a) Raise left knee (flex thigh upon the abdomen)...one.....halt
- (b) Extend left leg in upward direction.....two.....halt
- (c) Return as (a) exercise.....three.....halt
- (d) Back lying support, legs closed. ....four.....halt

Class at rest.....be seated.

Repeat Exercise IV from.....one.....to.....eight counts

Repeat Exercise IV same right.....eight counts



## EXERCISE V:

- (a) Step position left sidewise, arms sidewise.....one.....halt  
 (b) Cross bend, knee-step backward left, in rear of  
     right leg, bend trunk sidewise left (arms re-  
     main on level with the shoulders).....two.....halt  
 As Exercise I.....three.....halt  
 Position.....four.....halt

## EXERCISE VI:

- Class left face and square left four steps.....four counts  
 On the fifth count all left face and continue  
     to the remaining three sides.....five.....to.....sixteen counts  
 Square right, repeat same right.....sixteen counts  
 Arms to thrust.....bend

## EXERCISE VII:

- Arms to thrust.....bend  
 (a) Lunge left forward, thrusting arms upward.....one  
 (b) Return to position.....two  
 (c) Lunge right forward, thrusting arms upward.....three  
 (d) Return to position.....four  
 (e) Lunge left sidewise, left arm obliquely sidewise  
     upward, right arm obliquely sidewise down-  
     ward.....five  
 (f) Close step with arm in circle over head.....six  
 (g) Lunge right sidewise with right arm obliquely  
     sidewise upward, left arm obliquely side-  
     wise downward.....seven  
 (h) Return to fundamental position.....eight

## EXERCISE VIII:

- (a) Step position left backward, hands upon shoulders.....one  
 (b) Charge left forward, arms side, trunk back.....two  
 (c) Return to A exercise.....three  
 (d) Close step, to position.....four  
 Same right.....four counts  
 Class run in place with raising and lowering the  
     lower part of legs. Bend knees .....eight counts  
 Run and raise knees forward, upward to right  
     angle.....eight counts

## BREATHING:

- Inhale and raise arms sidewise obliquely upward.....six counts  
 Exhale and lower arms.....six counts  
 Repeat several times.

To TEACHER: It is not required to take the whole calisthenic les-  
 son in fifteen minutes for the first few lessons. Only take part of the  
 lesson within the scheduled time and gradually develop the whole calis-  
 thenic lesson within the time limited.

**In The Gymnasium.**

Close ranks sidewise toward the center, march forward, the first rank of the right flank (right face) march. The remaining ranks follow in successive order after four or six steps. File left or right and form ranks according to the number of apparatus on hand in the gymnasium.

If the gymnasium has six or more of the following apparatus then have the mass or whole class work. If not, then divide your classes into squads or divisions.

Open ranks to order with raising arms sidewise.

**Long Buck (Height of Chest).****EXERCISE I:**

A short run precedes all movements.

- (a) Rear vault mount, right leg over buck to straddle  
position.....one.....halt.....corrections
  - (b) Dismount backward to front standing position.....two.....halt
  - (c) Straddle mount over forward to rear stand.....three.....halt
  - (d) Position, execute your finish perfectly.....four.....halt
- On the count one, the remaining pupils follow in succession according to their number.

**EXERCISE II:**

- (a) Same run, but rear vault with swinging left leg over buck....one
  - (b) Dismount backward to front stand.....two
  - (c) Straddle vault forward half of a turn left, hands  
on buck.....three
  - (d) March off.....four
- The next, etc.

**EXERCISE III:**

- (a) Jump to straddle position.....one.....halt
  - (b) Swing up to kneeling position, body erect.....two.....halt
  - (c) Swing arms forward and jump off forward to rear stand.....three.....four.....halt
- The next, etc.

**EXERCISE IV:**

- (a) Jump to straddle position.....one.....halt
  - (b) Swing legs up backward to squat position.....two.....halt
  - (c) Stand up erect.....three.....halt
  - (d) Jump off forward, to rear stand.....four.....halt
- The next, etc.

Repeat exercise IV by adding one-fourth turn, one-half turn and whole turn left and right with clapping hands, etc. Continue same exercise in mass formation until schedule time of twenty minutes is finished. A different apparatus for each lesson. Such as low horizontal bar, low parallel bar, side horse, ring, etc.

**GAMES:****Three Deep Tag.**

Play the game as follows: Members of each couple face each other and grasp hands. The object of the runner, in order to escape, is to dodge

under the arms of a couple and the one he faces must leave and become runner; the former then turns around and grasps his new partner's hands. Otherwise the game continues as in the regular way of playing the game indefinitely.

At the conclusion of the game clap hands once and dismiss. The schedule time for the game is fifteen minutes, making the total time of sixty minutes.

This class work in the gymnasium is only to explain how to conduct the classes within the required schedule time. Discipline should be had at all times upon the floor during class hours.

## BREATHING:

Bend trunk forward to right angle, fingers touch the floor in front. Inhale with raising body and arms upward.....six counts  
Exhale with lowering arms.....six counts  
Repeat all several times.

## Daily Information.

1. Regulation gymnasium shoes should be worn while in the gymnasium.
2. No one will be allowed on the gymnasium floor with street shoes.
3. Those attending classes are advised to provide themselves with the adopted gymnasium uniform.
4. The gymnasium, apparatus, lockers and bath room are in direct charge of the physical director and principal of school.
5. Pupils should not take their friends into the gymnasium, locker rooms or bath rooms without permission from the director or principal of school.
6. Good conduct is required at all times.
7. Will not be responsible for articles lost or stolen. Valuables should be deposited with the director or principal of school.

## PRECAUTION:

8. Periodic examinations should be made of all gymnastic apparatus. Annually, at least, all fastenings should be carefully examined and tested, not a casual look over, but a thorough search for hidden dangers. Each fastening should be reached by ladder or staging monthly. All suspended apparatus should be tested and other apparatus thoroughly cleaned and looked over. Daily inspection should be made to see that all is in place and in good order, removing cracked and broken apparatus and making slight repairs. The proverb "A stitch in time saves nine" is an axiom in the gymnasium.

## Hand Apparatus.

Keep all racks in good condition. Don't have broken bells, clubs or wands around; they lead to further destruction. Have a few spare ones for juggling unless the pupils will furnish their own clubs. New apparatus requires at the start more care than old. Bolts are liable to work loose, the shrinkage of wood to loosen parts, others may be adjusted too tight for use. Careful watching is necessary to discover these things and remedy them before they work permanent harm on the apparatus.

**Mattresses.**

Street shoes and shoes with heels should not be used on mats, neither should a hard indoor shoe be "put" on them. It is more economical to get a shoe that is padded and throw it on the floor.

When the tufting strings break they should be promptly renewed, or the felt will get separated into wads. When the center of the mat is worn out it may be renewed by sewing on a strip of new canvas.

About the only way to clean mats is to thoroughly beat and dust them out doors in a breeze, if possible. Mats may be painted to keep the dust out. A very elastic "outdoor" paint should be used or it will soon dry hard, crumble and make dust.

**Free Exercises.****LESSON A.****Two-Count Movements:****EXERCISE I:**

- (a) Stride position left forward  
arms backward.....one.....two.....halt.....correction
- (b) Swing arms forward.....three.....four.....halt
- (c) Swing arms backward.....five.....six.....halt
- (d) Fundamental position, close step.....seven.....eight.....halt  
Repeat same right but omit the word halt.  
Repeat all from.....one.....to.....16 counts

**EXERCISE II:**

- (a) Stride position, left sidewise, arm side-  
wise.....one.....two.....halt
- (b) Arm circle left outward.....three.....four.....halt
- (c) Arm circle right outward.....five.....six.....halt
- (d) Double arm circle, outward to funda-  
mental position.....seven.....eight.....halt  
Repeat on opposite side but omit the  
word halt.....nine.....to.....16 counts  
Repeat all.....one.....to.....16 counts

**EXERCISE III:**

- (a) Stride position left backward, arms  
forward, upward.....one.....two.....halt
- (b) Arm circle left forward.....three.....halt
- (c) Arm circle right forward.....five.....six.....halt
- (d) Double arms, circle forward to posi-  
tion.....seven.....eight.....halt  
Repeat on opposite side but omit the  
word halt.....one.....to.....16 counts

**EXERCISE IV:**

- (a) 1/8 of a turn left with stride position,  
left sidewise, arms obliquely side-  
wise, upward.....one.....two.....halt
- (b) Arms circle left outward.....three.....halt
- (c) Arms circle right outward.....four.....halt

- (d) Arms circle left inward.....five.....halt
- (e) Arms circle right inward.....six.....halt
- (f) Double arm, circle outward.....seven.....halt
- (g) Fundamental position, close step.....eight
- Repeat on opposite side but omit the  
word halt.....nine.....to.....16 counts
- Repeat all.....one.....to.....16 counts

## EXERCISE V:

- (a) Stride position left forward, arms back-  
ward (tense).....one.....two.....halt
- (d) Bend left knee, arm forward.....three.....four.....halt
- (c) Return to (a) exercise.....five.....six.....halt
- (d) Fundamental position.....seven.....eight.....halt
- Repeat on opposite side but omit the  
word halt.....nine.....to.....16 counts
- Repeat all.....one.....to.....16 counts

## EXERCISE VI:

- (a) Stride position left sidewise, arm side-  
wise.....one.....two.....halt
- (b) Bend trunk left sidewise with right  
arm circle inward, over head.....three.....four.....halt
- (c) Bend trunk right sidewise with left arm  
circle inward, over head.....five.....six.....halt
- (d) Circle left arm inward.....seven.....eight.....halt
- (e) Circle right arm inward with body erect  
to position.....eight.....halt
- Repeat on opposite side but omit the  
word halt.....nine.....to.....16 counts
- Repeat all.....one.....to.....16 counts

## EXERCISE VII:

- (a) Stride position left backward, arms  
upward, palms inward.....one.....two.....halt
- (b) Twist trunk right and right arm circle  
forward (tense).....three.....four.....halt
- (c) Arm circle left forward, swing.....five.....six.....halt
- (d) Right arm circle forward, swing.....seven
- (e) Left arms circle forward with closing step to the front.....eight
- Repeat all on opposite side but omit the  
word halt.....nine.....to.....16 counts
- Repeat all left and right.....one.....to.....16 counts

## EXERCISE VIII:

- (a) 1/8 turn left, stride position left side-  
wise, arms side obliquely upward.....one.....two.....halt
- (b) Bend trunk left sidewise, arm circle  
left inward.....three.....four.....halt
- (c) 1/8 turn left, arm circle right inwards  
and kneel right.....five.....six.....halt
- (d) Return, bend arm, circle left outward.....seven.....halt
- (e) Return, arm circle right outward to position.....eight
- Repeat all opposite but omit the word halt.....one.....to.....16 counts
- Repeat all.....one.....to.....16 counts

## EXERCISE IX:

- (a) Arms obliquely upward, stride position  
left sidewise with raising right  
leg sidewise.....one.....two.....halt
- (b) Lower right leg into stride position with arm  
circle right inward.....three.....four
- (c) Left arm circle left inward.....five.....six
- (d) Double arms, circle inward.....seven.....eight  
Repeat opposite but omit the word  
halt.....nine.....to.....16 counts  
Repeat all.....one.....to.....16 counts

## EXERCISE X:

- (a) Stride position left sidewise, arms  
obliquely sidewise, upward.....one.....two.....halt
- (b) Arms circle left inward to side with  
raising right leg sidewise.....three.....four.....halt
- (c) Arm circle right inward to side with  
lowering right leg into stride.....five.....six.....halt
- (d) Double arm, circle inward, close step  
and to position.....seven.....eight  
Repeat all but omit the word halt.....nine.....to.....16 counts  
Repeat all.....one.....to.....16 counts

## EXERCISE XI:

- (a) Stride left position backward, arms  
obliquely sidewise, upward.....one.....two.....halt
- (b) Raise right leg, bend trunk left sidewise  
and arm circle right inward.....three.....four.....halt
- (c) Lower right leg into stride position, and  
arm circle left inward.....five.....six.....halt
- (d) Double arm, circle inward.....seven.....eight.....halt  
Repeat opposite but omit the word  
halt.....nine.....to.....16 counts  
Repeat all.....one.....to.....16 counts

## EXERCISE XII:

- (a) 1/8 turn, stride position left sidewise,  
arms obliquely sidewise upward.....one.....two.....halt
- (b) Arm circle outward left, swing.....three.....four.....halt
- (c) Arm circle outward right.....five.....six.....halt
- (d) Double arms circle outward.....seven.....eight.....halt  
Repeat opposite side but omit the word  
halt.....nine.....to.....16 counts  
Repeat all.....one.....to.....16 counts

## REMARKS:

There are twelve exercises to this number, three exercises to a lesson. There are four lessons to this number. After this number is thoroughly learned then have the piano player play a march, 6/8 time for the class work.

**BREATHING:**

Inhale and raise arms forward upward.....six counts  
 Exhale lower arms slowly.....six counts  
 Repeat several times.  
 See suggested games, pages 123-135.

**Material, Free Exercises.**

The exercises are to be carried out left, twice and right twice.  
 Music 6/8 or 4/4 time.

LESSON B.  
 GROUP I.

**Four-Count Movements:****EXERCISE I:**

- (a) Toe step position left sidewise, arms  
 sidewise, elbows bent, fists upon  
 shoulders, knuckles to the  
 rear.....one.....to.....four.....halt.....correction
- (b) Lunge left sidewise with swinging arms  
 sidewise downward to folding arms  
 in rear.....five.....eight.....halt
- (c) Close step left with swinging arms side-  
 wise with fists upon shoulders.....nine.....twelve.....halt
- (d) Arms down to fundamental position.....thirteen.....sixteen.....halt

**EXERCISE II:**

- (a) Lunge left sidewise with arms obliquely  
 sidewise upward, palms outward.....one.....to.....four.....halt  
 .....correction.
- (b) Change and bend opposite right knee,  
 with arms sidewise, palms down.....five.....eight.....halt
- (c) Change and bend opposite left knee,  
 with arms sidewise, upward.....nine.....twelve.....halt
- (d) Close step left to fundamental position.....thirteen.....to.....16 counts

**EXERCISE III:**

- (a) Toe step left sidewise with swinging arms sidewise  
 outward to first position upon shoulders,  
 elbows shoulder height.....one.....four.....halt
- (b) Right face and extend arms forward,  
 downward, backward, to oblique  
 position.....five.....eight.....halt
- (c) Left face, toe step position left sidewise,  
 fists upon shoulders.....nine.....twelve.....halt
- (d) Close step, arms down to position.....thirteen.....to.....sixteen.....halt

**EXERCISE IV:**

- (a) Lunge left sidewise, arms obliquely  
 sidewise upward.....one.....four.....halt
- (b) Left face, kneel left, hands in rear of  
 neck.....five.....eight.....halt
- (c) Rise and right face, tense knees and  
 extend arms upward.....nine.....to.....twelve.....halt
- (d) Close step, arms down to fundamental  
 position.....thirteen.....to.....16 counts

## GROUP II.

## EXERCISE I:

- (a) Lunge left forward with swinging arms  
forward upward.....one.....to.....four.....halt.....correction
- (b) Right face, change and bend the right  
knee, with double arm circle to  
right, right arm extended left el-  
bow bent, left hand at right shoul-  
der.....five.....eight.....halt
- (c) Left face, change and bend left knee  
with  $\frac{3}{4}$  double arm circle right,  
arms upward.....nine.....twelve.....halt
- (d) Close step, arms down to fundamental  
position.....thirteen.....to.....sixteen.....halt

## EXERCISE II:

- (a) Bend knees deep with  $\frac{3}{4}$  double arm  
outward to arms sidewise.....one.....four.....halt.....correction
- (b) Rise and left face, bend left knee, right  
leg extended, bend trunk forward,  
touch fingers in front of left foot,  
knee between the arms.....five.....eight.....halt
- (c) Jump into squad position, hands on  
the outside of feet.....nine.....twelve.....halt
- (d) Rise and right face, close step, funda-  
mental position.....thirteen..to.....16 counts

## EXERCISE III:

- (a) Lunge left forward with swinging arms  
forward upward to oblique posi-  
tion, palms outward.....one.....four.....halt
- (b) Right about face, change and bend  
right knee, with whole double arms  
circle right, fists upon shoulders,  
elbows forward shoulder height.....five.....eight.....halt
- (c) Left about face, hands pass in front of  
knees with whole double arm circle  
left, arm tense to arms obliquely  
sidewise upward.....nine.....twelve.....halt
- (d) Close step, fundamental position.....thirteen..to.....16 counts

## EXERCISE IV:

- (a) Bend knees deep,  $\frac{3}{4}$  double, arms cir-  
cle outward to arms sidewise.....one.....four.....halt.....correction
- (b) Bend trunk forward, bend left knee,  
right leg extended, fingers upon the  
floor.....five  
Extend left leg backward to lying  
support, head up, and raise left  
leg backward.....six.....seven.....8 counts
- (c) Return left foot forward to left knee  
bent position.....nine.....to.....12 counts
- (d) Right face, close step left to right foot,  
to fundamental position.....thirteen..to.....16 counts



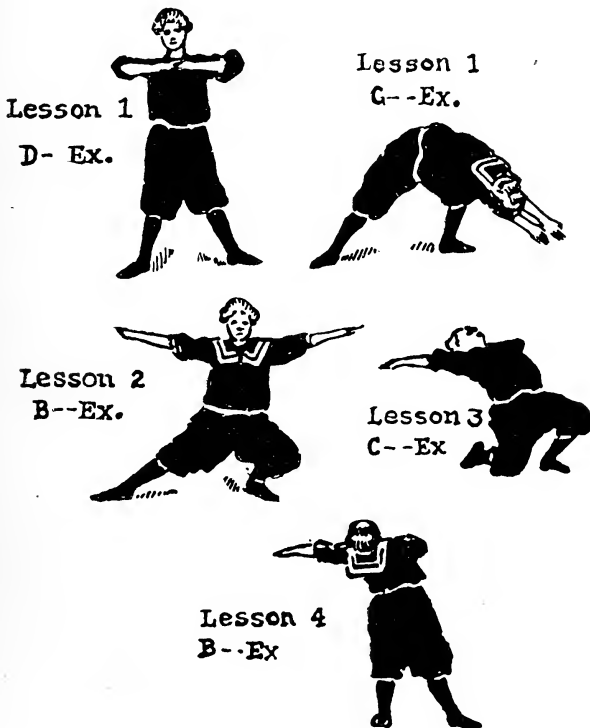
## REMARKS:

Go through the lesson first without music. After the lesson is well taught then use the music with the exercises. These exercises can always be used for exhibitions.

## BREATHING:

Inhale and raise arms forward upward.....six counts  
 Exhale, lower arms slowly.....six counts  
 Repeat several times.  
 See suggested games, pages 123-135.

## Girls free exercise, Waltz time.



## Free Exercises In Slow Waltz Time.

## LESSON C.

Music—Missouri Waltz—Girls' Special.

## LESSON I:

- (a) Step position left sidewise with swing-  
 ing arms forward..one....two....three.....halt.....corrections  
 (b) Swing arms down and raise arms  
 sidewise.....one....two....six.....halt.....corrections



- (d) Close step, with lowering arms sidewise  
     downward.....one.....two.....twelve.....halt  
 Repeat all exercises on the opposite side, but  
     omit the word halt.....12 counts  
 Repeat all left and right.....24 counts

Intermission exercises for music.

Stride turn step left with arm exercises as follows:

- Arms sidewise.....one.....two.....three  
 Arms circle.....one.....two.....six  
 Arms sidewise.....one.....two.....nine  
 Close step and return to first position.....one.....two.....twelve

**FREE EXERCISES IN SLOW WALTZ TIME.**

Music: Beautiful Lady—Girls' Special.

**LESSON D.  
GROUP I.****POSITION ONE:**

- (a) Raise arms forward in an amplified manner, index fingers together.....one.....two.....three.....halt.....corrections

**POSITION TWO:**

- (b) Move arms sidewise, elbows slightly bent, and turn head, eyes following right hand with expression.....one.....two.....six

**POSITION THREE:**

- (c) Arms circle right over head, eyes following the right hand upward in amplified position.....one.....two.....nine

**POSITION FOUR:**

- (d) Arm circle left forward, elbow bent, amplified manner.....one.....two.....twelve

**POSITION FIVE:**

- (a) Double arm circle overhead, eyes upward.....one.....two.....three

**POSITION SIX:**

- (b) Lower arms sidewise, eyes to right.....one.....two.....six

**POSITION SEVEN:**

- (c) Arms forward to amplified position.....one.....two.....nine

**POSITION EIGHT:**

- (d) Arms down, fundamental position.....one.....two.....twelve

Repeat same right as follows:

**POSITION ONE:**

- (a) Raise arms forward in amplified position.....one.....two.....three

**POSITION TWO:**

- (b) Slowly move arms sidewise, turn head right, eyes right, palms up.....one.....two.....six

**POSITION THREE:**

- (c) Left arm circle left over head, eyes upward in amplified position.....one.....two.....nine

**POSITION FOUR:**

- (d) Arms circle, right forward, horizontally, elbow high, palm curved inward.....one.....two.....twelve



FIRST POSITION.



SECOND POSITION.



THIRD POSITION.



FOURTH POSITION.





FIFTH POSITION.



POSITION FIVE:

- (a) Double arm circle over head.....one.....two.....three

POSITION SIX:

- (b) Lower arms slowly to sidewise position,  
eyes and head turn left.....one.....two.....six

POSITION SEVEN:

- (c) Move arms forward, palms inward to  
amplified position, eyes and head  
front.....one.....two.....nine

POSITION EIGHT:

- (d) Arms down, fundamental position.....one.....two.....twelve

GROUP II.

Hands upon hips.....place

POSITION ONE:

- (a) Toe step left sidewise.....one.....two.....three

POSITION TWO:

- (b) Draw left heel into right instep at right  
angle to right foot.....one.....two.....six

POSITION THREE:

- (c) Toe step left forward.....one.....two.....nine

POSITION FOUR:

- (d) Place outside instep of left foot at right  
angle to toe of right foot.....one.....two.....twelve

POSITION FIVE:

- (a) Toe step right sidewise.....one.....two.....three

POSITION SIX:

- (b) Draw right heel into left instep at right  
angle to left foot.....one.....two.....six

POSITION SEVEN:

- (c) Toe step right forward.....one.....two.....nine

POSITION EIGHT:

- (d) Place outside instep of right foot at  
right angle to toe of left foot.....one.....two.....twelve  
Repeat all left and right.

GROUP III.

Combination of the first and second group.

POSITION ONE:

- (a) Raise arms forward amplified position.....one.....two.....three

POSITION TWO:

- (b) Step position left sidewise, obliquely  
backward with twisting trunk left  
and move arms sidewise in ampli-  
fied position, eyes left with head  
turn left.....one.....two.....six

## POSITION THREE:

- (c) Arm circle right over head, eyes upward.....one.....two.....nine

## POSITION FOUR:

- (d) Left arm circle horizontally forward, palm curve inward.....one.....two.....twelve

## POSITION FIVE:

- (a) Bend trunk backward with arm circle over head, eyes upward in amplified position.....one.....two.....three

## POSITION SIX:

- (b) Lower arms to side position, eyes and head left.....one.....two.....six

## POSITION SEVEN:

- (c) Close step and move arms forward horizontally, eyes and head in front.....one.....two.....nine

## POSITION EIGHT:

- (d) Fundamental position.....one.....two.....twelve  
Repeat the same on right side.....12 counts  
Repeat all left and right.....24 counts

## BREATHING:

- Inhale and raise arms sidewise upward.....six counts  
Exhale and lower arms sidewise.....six counts  
Repeat several times.

## REMARKS:

- Divide this lesson into three or more parts for instructions, then later take all for a lesson with music.  
See suggested games on pages 123-135.

## Free Exercise.

## LESSON E.

## PART I:

- (a) Cross step left over right and raise arms sidewise right.....one.....halt  
(b) Return.....two.....halt  
(c) Cross step right over left and raise arms sidewise left.....three.....halt  
(d) Return to position.....four  
Hands on hips.....place  
(a) Raise left leg and right leg forward, alternately and extend arms forward.....one.....to.....four.....halt  
(b) Raise left leg and right leg sidewise and extend arms sidewise alternately.....one.....four  
(c) Raise left and right leg backward alternately, extend arms upward.....one.....four  
(d) Arms down.....Raise arms.

- (a) Bend trunk forward and move arms forward  
(in line with trunk).....one  
Return to position.....two
- (b) Bend trunk backward, and place hands behind  
head (elbows outward).....two.....halt
- (c) Return to exercise (a).....three.....halt
- (d) Return to position.....four

## PART II:

Arms.....down.....rest.

- (a) Raise upon toes and raise arms forward upward.....one.....halt
- (d) Return to position.....two.....halt
- (c) Kneel right, raise arms sidewise.....three.....halt
- (d) Return to position.....four.....halt

Same opposite, four counts.

Position.....Lying front support (boys).

- (a) Squat and one-half circle to the rear  
to front lying support.....one.....two.....halt
- (b) Repeat.....three.....four.....halt
- Same opposite.....four counts

Arms to thrust.....bend

- (a) Bend trunk left sidewise and thrust arms  
sidewise.....one.....halt
- (b) Return to position (arms to thrust).....two.....halt
- (c-d) Same right.....three.....four.....halt

## PART III:

Hands on hips.....place

In place run with raising left and right legs alternately.....8 counts

In place run with raising left and right legs forward to right  
angles.....8 counts

In place with raising left and right knee alternately.....8 counts

## POSITION:

Hands in the rear (fingers interlace) knuckles upon  
the lumbar, elbow pointing outward.....place

- (a) Extend arms downward, allowing the shoulders  
to be drawn backward and palms meeting.....one.....halt
- (b) Return to position.....two.....halt
- Repeat slowly several times.

Arms.....down

## BREATHING EXERCISE:

Inhale slowly and raise arms sidewise upward.....four counts

Exhale slowly.....four counts

Repeat several times.

Close ranks.

## REMARKS:

Divide this lesson into three or more parts. Then later take all for a  
lesson with music.

See suggested games on pages 123-135.

## Free Exercises.

## LESSON F.

## PART I.

## EXERCISE I:

- (a) Step position left forward and raise arms  
forward.....one.....halt
- (b) Toe step left sidewise and raise both arms  
sidewise left, horizontally, right elbow bent,  
shoulder height, right hand in front of left  
shoulder.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt  
Same right.....four counts

## EXERCISE II:

- (a) Step position left sidewise, raise arms sidewise.....one.....halt
- (b) Cross step in rear of left, arms upward.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt  
Same right.....four counts  
Repeat all but omit the word halt.....one.....to.....16 counts

## PART II.

## EXERCISE I:

- (a) Raise left knee upward to right angle with arms  
to thrust.....one.....halt
- (b) Close step, and thrust arms forward.....two.....halt
- (a) Repeat all but omit the word halt.....one.....to.....16 counts  
Repeat same right.....one.....to.....16 counts

## EXERCISE II:

- (a) Raise left leg sidewise with arms to thrust.....one.....halt
- (b) Close step, and thrust arms sidewise.....two.....halt
- Repeat all Exercise (a) from.....one.....to.....16 counts  
Repeat Exercise (a) same right.....one.....to.....16 counts

## PART III.

## EXERCISE I:

- (a) Lunge left forward, hands behind the head,  
elbows back.....one.....halt
- (b) Bend trunk forward.....two.....halt
- (c) Return to Exercise (a), body erect.....three.....halt
- (d) Return to fundamental position.....four.....halt  
Repeat all but omit the word halt.....one.....to.....16 counts  
Repeat same right.....one.....to.....16 counts

## EXERCISE II:

- (a) Lunge left sidewise, hands behind the head.....one.....halt
- (b) Bend trunk sidewise left.....two.....halt
- (c) Return as Exercise (a), body erect.....three.....halt
- (d) Return to fundamental position.....four.....halt  
Repeat Exercise (a) but omit the word  
halt.....one.....to.....16 counts  
Repeat same right.....one.....to.....16 counts

## PART IV.

## EXERCISE I:

- (a) Stride position left forward and raise arms  
forward.....one.....halt
- (b) Kneel on left knee (bring back left foot and  
kneel) with arms sidewise shoulder level.....two.....halt
- (c) Return to stride as Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## EXERCISE II:

- (a) Stride position left backward and raise arms  
upward.....one.....halt
- (b) Kneel on left knee; arms sidewise.....two.....halt
- (c) Straighten left knee, arms upward.....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## PART V.

## EXERCISE I:

Position.....In rear leaning rest.

- (a) Raise left leg and tense knee (in upward  
direction).....one.....halt
- (b) Return to position (lying support).....two.....halt
- Repeat all but omit the word halt.....one.....to.....8 counts
- Repeat same right.....one.....to.....8 counts

## EXERCISE II:

- (a) Raise left knee upward.....one.....halt
- (b) Extend and lower.....two.....halt
- Repeat all but omit the word halt.....one.....to.....8 counts
- Repeat same right.....one.....to.....8 counts
- Spring up to fundamental position and in resting position.

## PART VI.

## EXERCISE I:

- (a) Bend trunk forward, lower arms and clap  
hands.....one.....halt
- (b) Bend trunk backward, move arms sidewise  
upward and clap hands.....two.....halt
- (c) Return as Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat three times.

## EXERCISE II:

- (a) Bend knee step right and toe step left forward  
and place hands upon shoulders.....one.....halt
- (b) Extend right knee and raise left leg, extend  
forward to right angle with extending arms  
forward.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## PART VII.

## EXERCISE I:

- (a) Bend right knee and step position left sidewise,  
hands upon shoulders.....one.....halt
- (b) Extend the right knee and raise left leg extended  
sidewise with extending arms sidewise.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## PART VIII.

## EXERCISE I:

- (a) Bend right knee, and toe step left backward,  
hands upon shoulders.....one.....halt
- (b) Extend right knee, and extend left leg backward,  
and extend arms upward.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat all but omit the word halt.....16 counts
- Repeat same right.....16 counts
- (Jump to straddle position with arms upward, fingers interlaced.)
- (a) Bend trunk left sidewise.....one.....two.....halt
- (b) Return to position.....three.....four
- Repeat all but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## PART IX.

Position, arms to thrust.....bend

## EXERCISE I:

- (a) Lunge forward left obliquely and thrust left  
arm obliquely forward upward left, right  
arm obliquely downward, backward, head  
up, eyes up.....one.....halt
- (b) Return to position as Exercise (a).....two.....halt
- Same right.....three.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts

## EXERCISE II:

- (a) Lunge left obliquely backwards, thrust left  
backward, obliquely downward, right arm  
forward upward obliquely.....one.....halt
- (b) Return to position.....two.....halt
- Same right.....three.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts

## PART X.

## EXERCISE I:

- (a) Twist trunk left and thrust arms upward.....one
- (b) Return to position.....two
- Same right.....three.....four.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts
- Arms down.



**EXERCISE II:****BREATHING:**

Inhale slowly and raise arms forward over head.....six counts  
 Exhale and lower arms sidewise.....one count  
 Repeat several times.

**REMARKS:**

Divide this lesson into ten parts. Take each part for a lesson.  
 Then later take all for a lesson with music.  
 See suggested games on page 123-135.

**Free Exercises.****PART I—LESSON G.****EXERCISE I:**

Position.....arms to thrust.....bend  
 (a) Raise left knee upward and thrust arms forward.....one.....halt  
 (b) Return to fundamental position.....two.....halt  
 Same right.....three.....four.....halt  
 Repeat all alternately.....one.....to.....16 counts

**EXERCISE II:**

(a) Raise left lower leg backward and thrust arms upward.....one.....halt  
 (b) Return to fundamental position, with arms to thrust.....two.....halt  
 Same right.....three.....four.....halt  
 Repeat all alternately.....one.....to.....16 counts

**PART II.****EXERCISE III:**

Arms.....down  
 (a) Bend trunk forward and raise arms forward (arms in line of trunk).....one.....halt  
 (b) Return to position.....two.....halt  
 Repeat all but omit the word halt.....one.....to.....16 counts

**EXERCISE IV:**

(a) Bend trunk backward and raise arms sidewise upward.....one.....halt  
 (b) Return to position.....two.....halt  
 Repeat all but omit the word halt.....one.....to.....16 counts

**EXERCISE V:**

(a) Stride position left forward and raise arms forward.....one.....halt  
 (b) Bend left knee and move arms sidewise.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to fundamental position.....four.....halt  
 Repeat all but omit the word halt.....one.....to.....16 counts  
 Repeat same right.....one.....to.....16 counts

**PART III.****EXERCISE VII:**

In front leaning rest.

(a) Raise left leg, extend backward (in upward direction).....one.....halt

- (b) Raise left knee forward under the abdomen.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position.....four.....halt  
 Repeat same right.....four counts  
 Repeat all left and right.....eight counts  
 Rise for a brief rest.

## PART IV.

## EXERCISE VII:

- (a) Jump to stride and raise arms sidewise.....one.....halt  
 (b) Bend trunk left sidewise with clapping hand  
     over head.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to fundamental position.....four.....halt  
 Repeat all same right.....four counts  
 Repeat all left and right but omit the word  
     halt.....eight counts  
 Rest exercise.

## EXERCISE VIII:

- (a) Stride left sidewise and raise arms sidewise left.....one.....halt  
 (b) Bend left knee and raise arms upward.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position.....four.....halt  
 Same right.....four counts  
 Repeat all left and right but omit the word halt.....16 counts

## EXERCISE IX:

- (a) Raise forearm upward (upper arm held against  
     the sides, palms turned inward).....one.....halt  
 (b) Turn trunk left and extend arms sidewise.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to fundamental position.....four.....halt  
 Repeat same right.....four counts  
 Repeat all left and right but omit the word halt.....16 counts

## PART V.

## EXERCISE X:

- (a) Lunge forward left and raise arms forward.....one.....halt  
 (b) Change and bend opposite knee and place hand  
     in rear of head, elbows back.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to fundamental position.....four.....halt  
 Repeat same but omit the word halt.....one.....to.....16 counts  
 Repeat same right.....one.....to.....16 counts

## EXERCISE XI:

- (a) Lunge left sidewise and raise arms sidewise  
     left.....one.....halt  
 (b) Bend opposite knee and straighten left knee,  
     and raise arms upward.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position.....four.....halt  
 Repeat all left sidewise but omit the  
     word halt.....one.....to.....16 counts  
 Repeat same right.....one.....to.....16 counts

Run in place.....	run
(a) With raising and lowering legs left and right alternately.....	64 counts

**BREATHING:**

Inhale and raise arms slowly sidewise upward.....	four counts
Hold.....	four counts
Exhale and lower arms inward by crossing in front position.....	one count
Repeat several times.	

**REMARKS:**

Divide this lesson into six parts or more. Take each part for a lesson, then later with music.

**Free Exercises.****PART I—LESSON H.****EXERCISE I:**

(a) Stride position left forward, arms upward.....	one.....two.....	halt
(b) One-half turn right, lower arm sidewise shoulder height.....	three.....four.....	halt
(c) Return to Exercise (a) (one-half turn left).....	five.....six.....	halt
(d) Return to position.....	seven.....eight.....	halt
Repeat all but omit the word halt.....	one.....to.....	16 counts
Repeat same right.....	one.....to.....	16 counts

**PART II.****EXERCISE II:**

(a) Stride position left forward, arms up- ward.....	one.....two.....	halt
(b) One-half turn right, bend right knee and bend trunk forward to right angle, hands to the floor.....	three.....four.....	halt
(c) Return to Exercise (a).....	five.....six.....	halt
(d) Return to position.....	seven.....eight.....	halt
Repeat all but omit the word halt.....	one.....to.....	16 counts
Repeat same right.....	one.....to.....	16 counts

**PART III.****EXERCISE III:**

(a) Left face, stride position left forward arms forward.....	one.....two.....	halt
(b) Right face, lunge right sidewise with moving arms sidewise.....	three.....four.....	halt
(c) Return to Exercise (a), one-fourth turn.....	five.....six.....	halt
(d) Return to fundamental position.....	seven.....eight.....	halt
Repeat all but omit the word halt.....	one.....to.....	16 counts
Repeat same right.....	one.....to.....	16 counts

## PART IV.

## EXERCISE IV:

- (a) Left face, stride position, left forward,  
arms upward, palms inward.....one.....two.....halt
- (b) Right face, lunge sidewise right with  
bending trunk sidewise right, right  
hand upon the floor, left arm up-  
ward.....three.....four.....halt
- (c) Left face, return to Exercise (a).....five.....six.....halt
- (d) Return to position.....seven.....eight.....halt
- Repeat all but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## Aesthetic Movements.

## Terminology.

## Principal Steps and Movements.

1. Glisse.....Sliding of foot without transferring weight.
2. Chasse.....One foot chasing the other.
3. Assemble.....Close step.
4. Dessus.....Cross in front.
5. Dessous.....Cross in rear.
6. Jete.....Throwing weight of body from one foot to the other.
7. Coupe.....Cut step.
8. Pas Ballote—Tossing slip.
9. Pirouette.....A complete turn in place.
10. The third arm position amplified arms are rounded and carried so far toward the perpendicular as to form a circle above the head, in which the distance between the hands is equal to the width of shoulder.

**Glide Step.**—Slide upon the ball of the left foot slightly. Knees slightly bent, with placing the weight of body upon the left foot, right leg extended to the rear. Bring the right foot up to the left foot and close step. Count one and repeat same opposite side by transferring weight on opposite ball of the foot. Count two and.

## General Instruction. Dancing Steps.

## THE MAZURKA STEP I:

- Slide on right foot.....count one and  
bring left foot up to the right foot into first position  
cutting out right foot sidewise.....count two and
- Lift right leg quite high to the side with knee bent  
at the same time hopping on left foot.....count three and
- Same opposite.

## POLKA-PODONA STEP II:

- Slide on right foot.....count one  
bring left foot up to right foot cutting right foot out.....count two
- Make a gentle leap onto right foot.....three

## BALANCE STEP III:

- Step left foot sidewise.....count one
- Close right foot to left and raise upon toes.....two



ASSEMBLE.



BALANCE STEP, LEFT FOOT RAISED (HALF-HIGH) FORWARD IN FOURTH  
ARMS IN RIGHT INTERMEDIATE.



CROSS STEP RIGHT IN FRONT OF LEFT AND PIROUETTE LEFT.



GLIDE RIGHT OBLIQUELY FORWARD, ARMS AMPLIFIED, 3RD POSITION.



Lower.....	count three
Same opposite.....	waltz time

**PAS DE BASQUE IV:**

A semi-circle with right foot and leap on right foot to right side.....	count one
Slide left foot forward in front of right foot.....	count two
and bring right foot up behind left foot cutting left foot out forward.....	count three
Same opposite.....	waltz time

**THE PIROUETTE V:**

Step left sidewise.....	one
Cross step right in front of left.....	two
With a whole turn left, raise upon both toes, in place.....	three
Same right.....	waltz time

Glisse, chasse, chasse step left and assemble. (Is three glides to the left, the last unfinished and close step).....count four

I. Glide left sidewise on the ball of the foot slightly bending both knees with transferring the weight. Straighten the knees, simultaneously closing with the right foot in the first position and rising on the toes.

The momentary closing with the right foot is executed on the last part of the count, on about the third quarter of a dotted half note when given in waltz time.

II. Upon closing with the right foot immediately repeat as described under No. I so that the closing of the right foot and the sliding sidewise of the left resembles the chasing away of the left foot by the right foot.

III. The movements under number two.....Repeat.

IV. Close steps—Repeat same right.

**Waltz Balance Step.**

(a) Step left forward obliquely.....	one
(b) Close step right to left with rising upon toes.....	two
(c) Lower.....	three
(a) Step right backward.....	one
(b) Step left backward, close step with rising upon toes.....	two
(c) Lower.....	three

Repeat several times. Same right.

**Aesthetic Arm Movements.**

There are five positions of the arms, adjusting themselves to the movements of body and head.

**FIRST POSITION:**

Arms hang naturally at the sides with fingers rounded and palms turned toward the legs.

**SECOND POSITION:**

Arms, though hanging are so rounded as to form an oval with elbows turned outward, and the wrist neither noticeably bent nor stretched.

**THIRD POSITION:**

Arms are raised to the height of shoulders and form an open circle.

**FOURTH POSITION:**

Arms are rounded and carried so far toward the perpendicular as to form a circle above the head, in which the distance between the hands is equal to the width of shoulder.

**FIFTH POSITION:**

Arms are raised rounded into a perpendicular attitude, and the middle fingers nearly touch.

**INTERMEDIATE ARM POSITIONS:**

The intermediate arm positions lie between the five principal positions.

**NARROWED AND AMPLIFIED POSITIONS:**

If the distance between the hands in the open arm positions is less than the width of the shoulders, they are said to be "narrowed," and if the distance is greater they are in "amplified positions."

**Aesthetic Movements.****LESSON A.**

The aesthetic dance movements are adapted to slow music (adagio) in which the arms are to be slowly and gracefully moved from one position to another, and, after good control has been acquired, have faster time of music.

**PART I—POSITION OF THE ARMS AND FEET.**

There are five principal positions of the arms and feet, combined with various trunk movements. The eyes have an important part in expression with the various movements. To clearly understand the terminology used in this manual the following terms should first be understood:

**ARMS.**

**Order Position.**—Feet together, body erect, arms down, arms slightly rounded, elbow slightly bent, index fingers and thumbs together, eyes glancing down to fingers.

**FIRST POSITION:**

Raise arms forward and rounded hands almost touching and elbows bent slightly. The palms are turned inward.....one.....two.....three.....halt

**SECOND POSITION:**

Move arms sidewise in amplified position, palms turned upward and eyes and head left.....one.....two.....six.....halt

**THIRD POSITION:**

Left arm circle over head, eyes upward.....one.....two.....nine.....halt

**FOURTH POSITION:**

Right arm circle in front of body. Palms turned inward, eyes down.....one.....two.....twelve.....halt

## FIFTH POSITION:

Double arm circle, over head, eyes

upward.....	one.....	two.....	three.....	halt
Return to second position.....	one.....	two.....	six.....	halt
Return to first position.....	one.....	two.....	nine.....	halt
Order position.....	one.....	two.....	twelve.....	halt
Repeat same right.....	one.....	to.....	12 counts	
Repeat all but omit the word halt.....			24 counts	

## PART II—FEET.

Toe step consists of foot placing, with ankle straightened and tense, touching the floor lightly with the toes.

## FIRST ORDER POSITION, FEET:

Order position, feet together, body erect, arms down, arms slightly rounded, elbows slightly bent, index fingers and thumbs together, eyes glancing downward to fingers, hands upon hips.

## SECOND FOOT POSITION:

(a) Step position left sidewise, with ankle straightened and tense, touching the floor lightly with the toes.....one.....two.....three

## THIRD FOOT POSITION:

(b) The left heel is brought to the instep of the right foot. Feet at right angles to each other.....one.....two.....six.....halt

## FOURTH FOOT POSITION:

(c) Step position left forward or backward with ankle straightened and tense, touching the floor slightly with the toes.....one.....two.....nine.....halt

## FIFTH FOOT POSITION:

(d) The heel of the left foot at right angle is touching the toes of the right foot. In a pointing position, when the heels are raised from the floor by extending the ankle and bending the knee, the left toes touch the floor at the place where the heel was. The same takes place in the fifth position in rear, the legs being crossed.....one.....two.....twelve.....halt

(e) Return to second foot position.....one.....two.....three.....halt

(f) Return to third foot position.....one.....two.....six.....halt

(g) Return to fourth foot position.....one.....two.....nine.....halt

(d) Return to close step (order position).....one.....two.....twelve.....halt

Repeat all to the right.....12 counts

## COMBINATION OF ARMS AND FEET MOVEMENTS.

(a) Place arms into first arm position.....one.....two.....three.....halt

(b) Place arms and foot into second position.....one.....two.....six.....halt

- (c) Place arms and foot into third  
position.....one.....two.....nine.....halt
- (d) Place arms and foot into  
fourth position.....one.....two.....twelve.....halt
- (e) Place arms and feet into fifth  
position.....one.....two.....three.....halt
- (f) Return to second position.....one.....two.....six.....halt
- (g) Return arms into first posi-  
tion, close step.....one.....two.....nine.....halt
- (h) Return to order position.....one.....two.....twelve.....halt  
Repeat same right.....one.....two.....twelve.....halt  
Repeat all left and right but omit the word halt.....24 counts

## INTERMISSION—STEP CURTSY.

- (a) Step left sidewise, hands on hips.....one.....halt
- (b) Cross step left in rear of right, bend knees  
slightly.....two.....halt  
Same right.....three.....four.....halt

## PART III—THE ARABESQUE (BALANCE HOP).

- (a) Slide step hop obliquely forward outward.....five.....halt
- (b) Raise right leg obliquely backward outward,  
knee slightly bent.....six.....halt  
Same right and close step.....seven.....eight  
Repeat curtsy and balance step.....eight

## AESTHETIC COMBINATION WITH ARMS, FEET AND TRUNK.

- (a) Place arms into first position.....one.....two.....three.....halt
- (b) Place arms, left foot and twist trunk left, eyes  
at left hand into second  
position.....one.....two.....six.....halt
- (c) Place arms, left foot and bend trunk sidewise  
right into third position.....one.....two.....nine
- (d) Face to the front. Arms, feet and body erect,  
eyes upward into fifth  
position.....one.....two.....twelve.....halt
- (e) Return to second position.....one.....two.....three.....halt
- (f) Return to third position.....one.....two.....six.....halt
- (g) Return to fourth position.....one.....two.....nine.....halt
- (h) Return to order position.....one.....two.....twelve.....halt  
Repeat same right.....one.....two.....twelve.....halt  
Repeat all but omit the word halt.....24 counts

## BREATHING:

Inhale with raising arms sidewise.....six counts  
Exhale, with lowering arms sidewise.....one count  
Repeat several times.

## REMARKS:

Divide this lesson into four parts. Take each part for a lesson.  
Then later take all for a lesson with music.  
Music: Beautiful Lady Waltz,

## Aesthetic Dancing.

## PART I—LESSON B.

## EXERCISE I:

- (a) Slide step position, left arm sidewise.....one  
 (b) Cross step right over left with left arm circle over  
     head, right arm circle in front of body right  
     hand circle inward.....two  
     Same right.....three.....four  
 (c) Glide sidewise left three times with arms side-  
     wise.....five.....eight  
 (d) The same right.....nine.....to.....16 counts  
 (e) Repeat.....one.....to.....16 counts

## EXERCISE II:

- (a) Step position left obliquely forward and arms  
     obliquely left upward, right downward and  
     bending trunk forward.....one.....halt  
 (b) Cross step left over right leg with right arm over  
     head, left hand and arm circle in front of  
     body.....two.....halt  
 (c) One-half turn twirl step right, arms  
     sidewise.....three.....four.....halt  
 (d) Step position right obliquely forward right hand  
     upward, left arm obliquely downward.....five.....halt  
 (e) Cross step twirl right in front of left.....six.....halt  
 (f) Arms sidewise, close step.....seven.....eight.....halt  
     Repeat same but start right side.....eight.....halt  
     Repeat all but omit the word halt.....one.....to.....16 counts

## PART II.

## EXERCISE III:

- (a) Glide sidewise left twice, arms sidewise.....two.....halt  
 (b) Step position left sidewise and bend trunk left  
     sidewise, left arm obliquely down, right  
     arm upward.....three  
 (c) Cross step left in rear of right, bend trunk side-  
     wise right, left hand in front of right  
     shoulder, right arm extended. Obliquely  
     downward, head to the right.....four.....halt  
 (d) Step position left sidewise with arm sidewise.....five.....halt  
 (e) One-half turn step left with arms circle over  
     head.....six.....halt  
 (f) One-half turn step backward with arms side-  
     wise.....seven.....halt  
 (g) Cross step in rear of left leg, arm circle left over  
     head, right arm circle in front of body.....eight.....halt  
 (h) The same right.....8 counts  
 (i) Repeat all and omit the word halt.....one.....to.....16 counts

## EXERCISE IV:

- (a) Spring left with a one-eighth turn left with  
     swinging arms, left over head, right arm,  
     elbow and hand bent in front of body.....one.....halt

- (b) Step position right forward with closing step,  
arms oblique position left upward, right  
obliquely downward.....two.....halt
- (c) Glide backward two times.....three.....four.....halt
- (d) Hop step twirl with arms sidewise quickly change  
arms to bend right over head and left in  
front of body.....five.....six.....halt
- (e) Side step position right, arms sidewise.....seven.....halt  
Close step left, and step position right with arm  
circle over head and lower.....eight.....halt
- (f) The same right.....nine.....to.....16 counts
- (g) Repeat all but omit the word halt.....one.....to.....16 counts

## PART III.

## EXERCISE I:

- (a) Step position left sidewise and arms sidewise.....one.....halt
- (b) Cross step right in rear of left arm circle down-  
ward upward to arm circle right over  
head.....two.....halt
- (c) Step position right sidewise arms sidewise.....three.....halt
- (d) Close step, arms down.....four.....halt  
Three steps left forward obliquely, arms obliquely  
left arm upward, right downward.....five.....eight.....halt
- (e) Repeat the Exercise (d) right, but on the last two  
counts cross twirl step.....nine.....to.....16 counts

## EXERCISE II:

- (f) As (a), (b), (c), and (d).....one.....to.....four  
Then glide left and right backward with swinging  
arms left to right.....five.....to.....eight
- (g) As Exercise (a), (b), (c),  
and (d).....nine.....to.....twelve.....halt  
Then glide left backward.....thirteen.....fourteen
- (h) Cross twirl step right.....fifteen.....to.....16 counts

## PART IV.

## EXERCISE I:

- (a) Arms sidewise, bend trunk forward.....one.....halt  
With swinging arms left and
- (b) bend trunk left sidewise.....two.....halt
- (c) Swing arms upward and bend trunk right  
sidewise.....three.....four.....halt
- (d) Same right.....five.....eight.....halt
- (e) Repeat three times.....nine.....to.....32 counts  
Pause with music.
- (a) Step position right, arms sidewise.....one.....two.....halt
- (b) Cross step left in rear of right and bend left  
arm over head.....three.....four.....halt

## EXERCISE II:

- (a) Arms sidewise.....one.....halt
- (b) Twirl step left, arm circle over head.....two.....halt
- (c) Glide sidewise left—twice.....three.....four.....halt
- (d) The same right.....five.....eight.....halt
- (e) Repeat three times.....nine.....to.....32 counts

## PART V.

## EXERCISE I:

- (a) Three steps forward.....one.....two.....three.....halt  
 (b) Step position right sidewise with arms sidewise.....four.....halt  
 (c) Cross step twirl right.....five.....halt  
 (d) Step position right sidewise with arms sidewise.....six.....halt  
 (e) Close step left and step position right, with  
     bending trunk right sidewise, arms low,  
     fundamental position.....seven.....eight.....halt  
 Repeat same right.....one.....eight.....halt

## EXERCISE II:

- (a) Cross step left forward and bend the left arm  
     over head, right arm sidewise.....one.....two.....halt  
 (b) One-half turn glide backward left, left arm  
     upward, right downward.....three.....four.....halt  
 (c) Cross twirl step left backward, arms circle  
     over head to position.....five.....six.....halt  
 (d) Fundamental position.....seven.....eight  
 Repeat all (a), (b), (c), (d) of  
     Exercise II.....one.....to.....8 counts

## PART VI.

- (a) Step position left sidewise, arms sidewise.....one.....halt  
 (b) Cross step right in rear of left with bent trunk  
     left sidewise and right arm over head, left  
     arm bent in front of body.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Cross step right over left and bend trunk side-  
     wise right, with left arm bent over head,  
     right in front of body.....four.....halt  
 (e) Cross twirl step left with arm circle over head.....five.....halt  
 (f) Step position left sidewise, arms sidewise.....six.....halt  
 (g) Cross right in rear of left leg with arms upward  
     over head.....seven.....eight  
 (h) The same right.....nine.....to.....16 counts  
 (i) Repeat.....one.....to.....16 counts

## PART VII.

- Repeat as Exercise IV.....one.....to.....32 counts  
 (a) As Exercise I, but instead of gliding sidewise  
     glide backward.....one.....to.....32 counts

## FINALE.

- (a) Step position left sidewise, arms in sidewise  
     position.....one.....halt  
 (b) Cross step right in rear of left, arms circle left  
     over head, right in front.....two.....halt  
 Same right.....one.....two.....halt

## Remarks:

Divide this lesson into seven parts. Each part for a lesson if the required time allows. Then later take all for a lesson with music. Music, Merry Widow—Waltz time. In the introduction.....rest.....8 counts

**GILBERT DANCING.**

Practical steps for around the room or gymnasium practice.

**Beginning Grade.****Hippity Hop Variations.****LESSON A.**

1. March and bend knee in the forward step (rocking).
  2. March and hop on forward foot or hippity hop.
  3. Hippity hop and raise knees forward.
  4. As Exercise 3, but kick out forward.
  5. Hippity hop and cross step. Cross left over right and right over left.
  6. As Exercise 5, but with raising knees.
  7. As Exercises 3, 4, 5, 6, and swing arms. To right when stepping left and to left when stepping right.
- Music—Any gallop march.

**INTERMEDIATE GRADE WORK.****Hippity Hop Variations.****LESSON B.**

1. March sidewise, closing heels.
  2. March sidewise and cross in front.
  3. March sidewise and cross in rear.
  4. March sidewise and cross in front and in rear alternately.
  5. Hippity hop sidewise, crossing in front.
  6. Hippity hop sidewise, crossing in rear.
  7. Hippity hop sidewise, crossing in front and in rear alternately.
  8. As Exercise 5, but raise knee of crossing foot while stepping over.
  9. As Exercise 7, but raise knee of crossing foot when stepping over in front and turn or twist body opposite when crossing in rear.
  10. As Exercise 5, with arms out (in second position) and swing same arm across when stepping across in front.
  11. As Exercise 9, with arms out (in second position) and swing same arm across when stepping across in front and turn body in same direction when crossing in rear.
- Music—A gallop march.

**AMERICAN SCHOOL DANCES.****Butterfly Schottish.****LESSON A.**

Form a column of pairs or couples and use the terminology as number one (1) and number two (2) as follows:

Position. No. 1 on left takes No. 2 left hand with the left, arm in front and bent. Right arm in rear of No. 2, taking the right hand over the shoulder. Clasp hands.

1. Step No. 1: 1-2 step backward right and close left in back of No. 2.
- 3-4. Step forward left and point sidewise right on the right side of No. 2.
- 5-8. Return by stepping backward right and pointing left.



No. 2. Step sidewise left and close right, in front of No. 1. 3-4. Step sidewise left and point sidewise right on the left side of No. 1. 5-8. Return by stepping right and pointing left.

2. Step. Both: 1-4 run three steps left obliquely forward and swing (kick) right across. 5-8. Repeat the same to the right.

Music—Any Schottish time.

## DANCING.

### The Blue Danube.

#### LESSON B.

##### FORM COUPLES.

##### 1.

Step hop on outside foot. Step on inside foot, and bring outside to 5th foot position.....Two waltz measures

Two draws in the line of direction of movement facing partner.....Two waltz measures

##### 2.

Two waltz steps turning. The movement is in opposite direction from 1.

Two draws in the same direction as waltz turn.....four measures

##### 3.

Face partner, grasp right hands. Balance forward and back. Two waltz turns in direction of 1.....four measures

##### 4.

Four waltz steps with partner around the room.....four measures

Repeat all.

Music—Blue Danube.

### Dreamland—Polka.

#### LESSON C.

##### (Music Special.)

INTRODUCTION.....four measures

Pirouette left, leap to left, cross right in rear, repeat right.

#### FIRST STEP. 16 MEASURES.

Balance left and right (crossing in rear) arms in third amplified position, and alternately crossing in front of body.....two measures

Glisse, chasse, chasse to left, arms in third amplified position, balance to left, crossing in rear, cross right arm in front of body.....two measures

Repeat, beginning right.....four measures

Repeat all.....eight measures

#### SECOND STEP. 16 MEASURES.

Balance left and right (crossing in rear) arms in third amplified position, and alternately crossing in front.....two measures

Leap left sidewise, cross right in rear, bend trunk forward, arms downward.....one measure

Stretch trunk and raise arms to fifth position.....	one measure
Repeat, beginning right.....	four measures
Repeat all.....	eight measures

## THIRD STEP. 16 MEASURES.

Hop on left diagonally forward, arms in intermediate amplified position.....	one measure
Hop on right, arms in intermediate position.....	one measure
Pirouette left and balance to left (crossing in rear), arms in third amplified position, and right arm crossed in front of body.....	two measures
Repeat, beginning right.....	four measures
Repeat all.....	eight measures

## FOURTH STEP. 32 MEASURES.

Glide left sidewise and close right toward left, arms in third amplified position.....	one measure
Repeat.....	one measure
Stride turn to left, right arm in fifth position; cross right in rear and hands at waist.....	two measures
Repeat, beginning right.....	four measures
Repeat all.....	twenty-four measures

## FIFTH STEP. 16 MEASURES.

Slide and hop left sidewise, arms in intermediate amplified position.....	one measure
Slide and hop right sidewise, with 1/4 turn left, and change arm position.....	one measure
Glisse, chasse, chasse and balance to left (crossing in rear), hands at waist.....	one measure
Repeat, beginning right.....	four measures
Repeat all.....	eight measures

## FINALE.

Repeat first four measures of second step, finish with arms in third amplified position (attitude).

## Wand Exercises.

## GROUP I. LESSON A.

Two-count movements. Wand horizontally in front, arms down in position.

## EXERCISE I:

- (a) Raise wand, horizontally forward...one...two.....halt....correction
  - (b) Bend knees deep. Wand vertical in front, left hand down, right hand up.....three.....four.....halt
  - (c) Return, extend legs, arms forward.....five.....six.....halt
  - (d) Arms down and in position.....seven.....eight.....halt
- Repeat all same right but omit the word halt.....eight counts  
Repeat all left and right.....one.....to.....16 counts

## EXERCISE II:

- (a) Wand horizontally forward upward.....one.....two.....halt  
 (b) Bend trunk obliquely forward to the  
     left, wand vertical, right arm ex-  
     tended down, left hand under right  
     shoulder, head up.....three.....four.....halt  
 (c) Body erect, arms extended upward over  
     head, wand horizontally.....five.....six.....halt  
 (d) Arms down, in position stand.....seven.....eight  
 Same exercises right.....nine.....to.....16 counts  
 Repeat all left and right.

## EXERCISE III:

- (a) Step position left sidewise, wand hori-  
     zontally in front of chest.....one.....two.....halt  
 (b) Bend trunk backward and thrust arms  
     upward.....three.....four.....halt  
 (c) Return to Exercise A.....five.....six.....halt  
 (d) Arms down, in position stand.....seven.....eight  
 Same exercises right.....one.....to.....eight  
 Repeat all left and right.....one.....to.....16 counts

## GROUP II.

## EXERCISE I:

- (a) Lunge left forward, wand horizontally  
     in front of chest.....one.....two.....halt  
 (b) Extend knees, right face into stride  
     position, wand vertical in front,  
     right up, left hand below.....three.....four.....halt  
 (c) Left face, bend left knee, wand hori-  
     zontally in front of chest.....five.....six.....halt  
 (d) Arms down in position stand.....seven.....eight  
 Same exercises right but omit the word halt.....16 counts  
 Repeat all.....one.....to.....16 counts

## EXERCISE II:

- (a) Lunge left sidewise, wand horizontally  
     sidewise, left arm extended, right  
     hand at left shoulder, elbow  
     shoulder height.....one.....two.....halt  
 (b) Right face, and swing wand downward to right  
     side, left arm extended, wand horizontally  
     forward, right hand in front of left shoulder,  
     elbow high and bend opposite knee.....three.....four  
 (c) Left face, bend left knee, wand horizontally  
     left.....five.....six  
 (d) Close step, arms down in position.....seven.....eight  
 Repeat same right but omit the word  
     halt.....nine.....to.....16 counts  
 Repeat all left and right.....one.....to.....16 counts

## EXERCISE III:

- (a) Stride position left, arms upward, wand  
     horizontally.....one.....two.....halt  
 (b) Bend trunk forward, wand horizontally  
     upon shoulders.....three.....four.....halt

- (c) Extend arms upward, erect trunk.....five.....six.....halt  
 (d) In position.....seven.....eight  
 Repeat same right but omit the word  
       halt.....nine.....to.....16 counts  
 Repeat all left and right.....one.....to.....16 counts

## GROUP III.

## EXERCISE I:

- (a) Bend knees deep, arms forward.....one.....two.....halt  
 (b) Straighten legs and bend trunk left  
       sidewise, cross arms, right arm  
       over left, square within the arms,  
       wand horizontally.....three.....four.....halt  
 (c) Body erect, wand horizontally left, right  
       hand in front of left shoulders,  
       elbows high.....five.....six.....halt  
 (d) Return to position, arms down.....seven.....eight  
 Repeat same right but omit the word  
       halt.....nine.....to.....16 counts  
 Repeat all left and right.....one.....to.....16 counts

## EXERCISE II:

- (a) Arms upward, wand horizontally.....one.....two.....halt  
 (b) Lunge left sidewise, wand horizontally  
       forward with cross arms, right arm  
       on top of left arm, a square within  
       the arms and shoulder height.....three.....four.....halt  
 (c) Tense left knee, twist trunk right, and  
       extend left arm forward, right  
       hand under left shoulder, elbow  
       high.....five.....six.....halt  
 (d) Fundamental position, wand horizontally.....seven.....eight  
 Same exercise right.....nine.....to.....16 counts  
 Repeat all from.....one.....to.....16 counts

## Wand.

## EXERCISE III:

- (a) Jump into stride position, knees bent,  
       wand horizontally in front of chest,  
       elbows bent, and downwards.....one.....two.....halt  
 (b) Jump to close step, arms upward.....three.....four.....halt  
 (c) Step position left backward, wand  
       horizontally upon shoulders.....five.....six.....halt  
 (d) Arms forward, down to position.....seven.....eight  
 Same exercises right.....nine.....to.....16 counts  
 Repeat all left and right.....one.....to.....16 counts

## ANY BREATHING EXERCISES.

## REMARKS:

Divide this lesson into three or more parts. Take each part for a lesson. Then later take all for a lesson with music.

Take as many groups as the required time calls for in this wand or calisthenic's schedule.

## Wand.

## PART I—LESSON B.

## EXERCISE I:

- (a) Step position left forward with raising arms forward, wand horizontally.....one.....halt  
 (b) Return, lower wand and close step.....two.....halt  
 (c) Charge left backward, wand upon in rear of shoulder.....three.....halt  
 (d) Return to position.....four.....halt  
 Repeat same right.....four counts  
 Repeat all and omit the word halt.....four counts

## EXERCISE II:

- (a) Squat knees deep and place wand to vertical position on floor about arms length in front of the feet.....one.....halt  
 (b) Extend left leg and left arm sidewise, wand horizontally right hand at left shoulder, elbow shoulder height.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position, arms down.....four.....halt  
 Repeat same right.....four counts  
 Repeat all right but omit the word halt.....eight counts

## PART II.

## EXERCISE I:

- Position.....Wand in front of shoulders.....raise  
 (a) Bend trunk forward and stretch arms downward.....one.....halt  
 (b) Return to position.....two.....halt  
 (c) Lunge left forward and extend arms upward, wand horizontally.....three.....halt  
 (d) Return to position, wand in front of shoulder.....four.....halt  
 Repeat same right.....four counts  
 Repeat all but omit the word halt.....eight counts

## EXERCISE II:

- (a) Step position left sidewise, wand horizontally right sidewise, left hand at right shoulder, left elbow height of shoulder .....one.....halt  
 (b) Left face, charge left forward, wing wand downward upward, wand perpendicular upon left shoulder, left arm extended upward, right hand at left shoulder, elbow high.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position, wand in front.....four.....halt  
 Repeat same right.....four counts  
 Repeat all left and right, but omit the word halt.....eight.....halt

## PART III.

## EXERCISE I:

- Position.....Wand on shoulders.....place  
 (a) Raise left leg backward, extend arms upward.....one.....halt

- (b) Return to position, close step.....two.....halt  
 (c) Raise right leg backward, extend arms upward.....three.....halt  
 (d) Return to position, close step.....four.....halt  
 Repeat.....four counts

## EXERCISE II:

- (a) Raise left leg forward to right angle, toes tense,  
 extend arms forward.....one.....halt  
 (b) Return to position, close step.....two.....halt  
 (c) Raise right leg forward to right angle.....three.....halt  
 (d) Return to position, close step.....four.....halt  
 Repeat all but omit the word halt.....four counts

## EXERCISE III:

- (a) Bend trunk backward, extend arms upward.....one.....halt  
 (b) Return to position, wand on shoulder.....two.....halt  
 (c) Lunge left backward, wand obliquely in rear, left  
 hand at shoulder, right arm obliquely side-  
 wise, downward.....three.....halt  
 (d) Return to position, wand on shoulder.....four.....halt  
 Repeat same right.....four counts

## EXERCISE IV:

- In place.....run  
 (a) Raise wand upward.....four counts  
 (b) Raise wand forward.....four counts  
 (c) Raise wand upon shoulders.....four counts  
 (d) Lower wand in front.....four counts  
 Repeat.....one.....to.....16 counts.....halt

## EXERCISE V:

- (a) Raise wand over head.....one.....halt  
 (b) Lower behind hip.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position, fundamental.....four  
 Repeat.....four counts

## BREATHING:

Inhale slowly and raise wand over head in four counts.  
 Exhale and lower in one count.  
 Repeat several times.

## REMARKS:

Divide this lesson into three or more parts according to time. Take each part for a lesson. Then later take all for a lesson with music.

## Wand.

## PART I—LESSON C.

## EXERCISE I:

- (a) Step position left forward, arms up-  
 ward, wand horizontally.....one.....two.....halt  
 (b) Step position left backward with bend-  
 ing right knee, wand left obliquely  
 backward, right hand at left  
 shoulder, elbow high.....three.....four.....halt  
 (c) Return to Exercise (a).....five.....six.....halt

- (d) Return to position.....seven.....eight.....halt  
 Repeat same opposite.....eight counts  
 Repeat all left and right but omit the  
 word halt.....one.....to.....16 counts

**EXERCISE II:**

- (a) Raise arms forward upward.....one.....two.....halt  
 (b) Double arm circle left to arms upward,  
 wand horizontally.....three.....four.....halt  
 (c) Double arm circle right to arms up-  
 ward, wand horizontally.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat all.....eight counts

**EXERCISE III:**

- (a) Raise arms upward, wand horizontally with  $\frac{3}{4}$   
 double arm circle left to right, wand hori-  
 zontally, right arm extended, left hand at  
 right shoulder, elbow shoulder height and  
 bend trunk left sidewise.....one.....two.....three.....four.....halt  
 (b) Three-fourths double arm circle right to left arm  
 upward, wand vertical, and bend trunk  
 right sidewise.....five.....six.....halt  
 (c) Return to position.....seven.....eight  
 Repeat same opposite.....eight counts  
 Repeat all left and right, but omit the  
 word halt.....one.....to.....16 counts

**PART II.****EXERCISE I:**

- (a) Stride position left sidewise, wand  
 horizontal upward.....one.....two.....halt  
 (b) Bend trunk forward to right angle,  
 arms in line with body.....three.....four.....halt  
 (c) Erect body.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat, but omit the word halt.....eight counts  
 Repeat all backward.....one.....to.....16 counts

**EXERCISE II:**

- (a) Bend knees deep, arms forward.....one.....two.....halt  
 (b) Stride position left, arms upward.....three.....four.....halt  
 (c) Bend trunk forward to right angles.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat same right.....eight counts  
 Repeat all left and right but omit the  
 word halt.....one.....to.....16 counts

**EXERCISE III:**

- (a) Stride position left, swing wand left  
 sidewise upward.....one.....two.....halt  
 (b) Lunge left sidewise with three-fourths  
 double arm circle left, wand hori-  
 zontally, right arm extended side-  
 wise, left hand at right shoulder.....three.....four.....halt

- (c) Return to Exercise (a).....five.....six.....halt  
 (d) Return to position.....seven.....eight  
 Repeat same right but omit the word halt.....eight counts  
 Repeat all.....one.....to.....16 counts

## PART III.

## EXERCISE I:

- (a) Wands upward, horizontal.....one.....two.....halt  
 (b) Twist trunk left.....three.....four.....halt  
 (c) Return to front.....five.....six.....halt  
 (d) Return to position.....seven.....eight  
 Repeat same right.....eight counts  
 Repeat all but omit the word halt.....one.....to.....16 counts

## EXERCISE II:

Undergrip, knuckles down.

- (a) Bend knees deep, wing wand obliquely  
 forward downward, left end of  
 wand resting upon the floor, right  
 end of wand on right shoulder.....one.....two.....halt  
 (b) Extend left leg backward.....three.....four.....halt  
 (c) Return to Exercise (a).....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat same right.....eight counts  
 Repeat all left and right but omit the  
 word halt.....one.....to.....16 counts

## EXERCISE III:

- (a) Wand upon shoulder, horizontally.....in place  
 and stride kick forward in place, left and right,  
 run.....32 counts

## BREATHING:

- Inhale and raise wand sidewise upward.....six counts  
 Exhale and lower arms.....six counts  
 Repeat several times.

## REMARKS:

Divide this lesson into three or more parts. Then later take all  
 for a lesson with music. 4/4.  
 See suggested games on pages 123-135.

## Wand.

## PART I—LESSON D.

## EXERCISE I:

- Position, elbow bent, wand horizontally.....place  
 (a) Extend arms forward with raising left extended  
 leg and toes forward to right angles.....one  
 (b) Return.....two  
 Repeat.....eight times  
 Repeat same right.....eight times  
 Repeat all left and right alternately.....one.....to.....16 counts



## EXERCISE II:

- (a) Step position left obliquely backward with extending  
arm upward.....one
- (b) Close step, arms bent to position.....two
- Repeat.....eight times
- Repeat same right.....eight times
- Repeat left and right alternately.....one.....to.....16 counts

## EXERCISE III:

- (a) Cross step position left over right, arms upward.....halt
- (b) Raise left leg inward toward right, wand hori-  
zontally right, right arm extended sidewise.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to position, arms bent.....four.....halt
- Repeat all left but omit the word halt.....one.....to.....16 counts
- Repeat same right.....one.....to.....16 counts

## BREATHING:

Inhale and raise wand upward and place upon shoulders.....six counts

Exhale and lower arms.....six counts

Repeat several times.

## Wand.

## PART I—LESSON E.

## EXERCISE I:

- (a) Wand obliquely backward downward  
right, left hand on right hip.....one.....two.....halt
- (b) Wand horizontally left, right hand at  
left shoulder (elbow high).....three.....four.....halt
- (c) Swing wand downward to right  
horizontally upward.....five.....six.....halt
- (d) Wand on shoulder.....seven.....eight.....halt
- (e) Swing wand downward and circle  
right upward.....nine.....ten.....halt
- (f) Wand horizontally left sidewise, left  
arm extended sidewise, right  
hand at left shoulder.....eleven.....twelve.....halt
- (g) As Exercise (a).....thirteen.....fourteen
- (h) Return to fundamental position.....fifteen.....sixteen
- Repeat all of Exercise (I) three times.....48 counts

## PART II.

## EXERCISE II:

- (a) Wand obliquely backward downward  
right, left hand at right hip with  
step position right backward.....one.....two.....halt
- (b) Wand horizontally left, right hand at  
left shoulder, elbow high with  
lunging sidewise right.....three.....four.....halt
- (c) Swing wand downward to the right  
horizontally upward with close  
step.....five.....six.....halt
- (d) Wand upon shoulder and jump into  
stride position.....seven.....eight.....halt

- (e) Swing wand downward and circle  
right upward with close step.....nine.....ten.....halt
- (f) Wand horizontally left sidewise with  
lunging right.....eleven.....twelve.....halt
- (g) As Exercise (a), close step.....thirteen.....fourteen.....halt
- (h) Return to fundamental position.....fifteen.....sixteen.....halt
- Repeat all left.....one.....to.....16 counts
- Repeat all two more times, omitting the word halt.....32 counts

## PART III.

## EXERCISE III:

- (a) Wand vertically in front, right hand  
up, left hand down.....one.....two.....halt
- (b) Wand vertically upon left shoulder,  
right hand at left shoulder,  
elbow high.....three.....four.....halt
- (c) Three-fourths double arm circle left  
downward to wand horizontally  
upward.....five.....six.....halt
- (d) Wand obliquely in rear of back left  
arm extended, right hand at  
right shoulder.....seven.....eight.....halt
- (e) Wand horizontally upward.....nine.....ten.....halt
- (f) As exercise (c).....eleven.....twelve.....halt
- (g) As exercise (b).....thirteen.....fourteen.....halt
- (h) Return to fundamental position.....fifteen.....sixteen.....halt
- Repeat Part III three times, omitting the word halt...48 counts

## PART IV.

## EXERCISE IV:

- (a) Wand vertically in front.....one.....two.....halt
- (b) Wand vertically upon left shoulder,  
right hand at left shoulder and  
charge left forward.....three.....four.....halt
- (c) Three-fourths double arm circle left  
downward to wand, horizontally  
upward and lunge left sidewise.....five.....six.....halt
- (d) Close step, wand obliquely in the  
back, left down, right hand at  
right shoulder.....seven.....eight.....halt
- (e) Wand vertically upon left shoulder  
and charge left forward.....nine.....ten.....halt
- (f) As Exercise (a).....thirteen.....fourteen
- (g) Fundamental position.....fifteen.....sixteen
- Repeat same right but omit the word halt.....16 counts
- Repeat all left and right.....32 counts

## PART V.

## EXERCISE V:

- (a) Cross arms, right forearm on top,  
wand horizontally.....one.....two.....halt
- (b) Wand obliquely, right arm extended  
right sidewise, left arm extended  
upward.....three.....four.....halt

- (c) Wand obliquely, right arm extended forward, left hand upon left hip.....five.....six.....halt
- (d) Wand horizontally forward, left arm extended forward, right hand under right shoulder, elbow high.....seven.....eight.....halt
- (e) Wand obliquely forward, left hand upon left hip.....nine.....ten.....halt
- (f) Wand obliquely, right arm extended sidewise, left arm extended upward.....eleven.....twelve.....halt
- (g) As Exercise (a).....thirteen.....fourteen
- (h) Fundamental position.....fifteen.....sixteen
- Repeat same right.....16 counts
- Repeat all left and right but omit the word halt.....32 counts

## PART VI.

## EXERCISE VI:

- (a) Cross arms, wand horizontally with front cross step right.....one.....two.....halt
- (b) Wand obliquely, right arm extended right sidewise, left arm vertically upward and step backward right.....three.....four.....halt
- (c) Wand obliquely, right arm extended, left hand upon left hip and lunge right sidewise.....five.....six.....halt
- (d) Wand horizontally, left arm extended forward, right hand under the left shoulder and kneel right.....seven.....eight.....halt
- (e) Wand obliquely, right arm extended, left hand upon left hip and lunge right sidewise.....nine.....ten.....halt
- (f) Wand obliquely, right arm extended right sidewise, left arm vertically upward and step backward right.....eleven.....twelve.....halt
- (g) Cross arms, wand horizontally with front cross step right.....thirteen.....fourteen
- (h) Fundamental position.....fifteen.....sixteen
- Repeat same left.....16 counts
- Repeat same left and right but omit the word halt.....32 counts

## BREATHING EXERCISES.

Remarks: Divide this lesson into six or more parts. Each part for a lesson.

Then later take all for a lesson with music, but always keep within the schedule time.

See suggested games on pages 123-135.

## Wand.

## PART I—LESSON F.

## EXERCISE I:

Step position left forward, wand forward.....	one
Small lunge left sidewise, wand upward.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE II:

Step position left, wand upward.....	one
Lunge backward, wand horizontally before shoulders.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE III:

Step position left forward, wand upward.....	one
Small lunge left backward, bend forward, arms down.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE IV:

Step position left backward, wand upward.....	one
Lunge left forward, bend trunk backward.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## PART II.

## EXERCISE I:

Stride position left forward, wand perpendicular.....	one
Bend knee, cross arms, wand horizontal.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE II:

Stride position left, wand upward.....	one
Bend left knee, wand oblique, sideward upward.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE III:

Step position left backward, wand in rear of left hip, obliquely.....	one
Bend left knee and bend trunk forward, wands upward.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE IV:

Step position left forward, wand upward.....	one
Bend left knee and bend trunk forward.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## PART III.

## EXERCISE I:

Cross step left in rear of right leg, wand right horizontal.....	one
One-fourth turn left and lunge forward, wand upward.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE II:

Cross step left in front, arms crossed shoulder height.....	one
Lunge left sidewise, wand perpendicular upon left shoulder.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE III:

Step position left backward, wand upon and around left hip.....	one
Lunge left sidewise, wand upward horizontally.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE IV:

Cross step left in front, wand upward horizontally.....	one
Lunge left sidewise, wands oblique downward in rear.....	two
Return.....	three.....four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## PART IV.

## EXERCISE I:

Step position left forward, wand upon left hip horizontally.....	one
Step position left backward and wand perpendicular upon left shoulder.....	two
Bend left leg, wand high horizontally.....	three
Position.....	four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE II:

Step position left backward, wand oblique backward left.....	one
Bend left leg and bend trunk forward and three-fourths circle left forward to oblique position forward.....	two
Step position forward, right arm extended left under right.....	three
Position.....	four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE III:

Step position left forward and right hand upon hip, wand perpendicular.....	one
Lunge left sidewise, arms upward.....	two
Close step and bend knee deep to right angle, wand perpendicular in front on floor.....	three
Position.....	four
Same right.....	five.....eight
Repeat.....	nine.....sixteen

## EXERCISE IV:

Step position left backward, wand upward.....	one
Small lunge left forward, left arm up, right down, wand perpendicular.....	two
Kneel right and cross arms in front.....	three
Position.....	four
Same right.....	five.....
Repeat.....	nine.....
See suggested games on pages 123-135.	sixteen

## Dumb-bells.

## LESSON A.

One count movements, music 6/8 or 4/4 time.

Position—Dumb-bells by sides. (Upper grip.)

- (a) Step position left forward and swing arms forward, dumb-bells upon shoulders, elbow high.....one.....halt
- (b) Return to position.....two.....halt
- Repeat same right.....three.....four
- (a) Raise upon toes, arms upward.....five
- (b) Return to position.....six
- (c) Bend trunk forward and swing arms backward.....seven
- (d) Return to position.....eight
- Repeat all but omit the word halt.....eight counts
- (a) Bend knees deep, arms sidewise.....one
- (b) Return to position.....two
- (c) Bend trunk backward with swing arms forward, upward.....three
- (d) Return to position.....four
- Repeat all.....four counts
- Repeat again.....eight counts
- Position.....arms to thrust.....bend
- (a) Thrust arms forward, with rotating the arms forward, knuckles up, with raising left leg forward to right angle, toes tense.....one
- (b) Return to position.....two
- Repeat same right.....three.....four
- (a) Thrust arms sidewise with rotation, knuckles upward and raise left leg sidewise, toes tense.....five
- (b) Return to position.....six
- Repeat same right.....seven.....eight
- Repeat all.....one.....to.....8 counts
- Position.....Arms down by sides.
- (a) Jump to stride, twist trunk left with swinging left arm obliquely forward upward, right obliquely backward.....one.....halt
- (b) Return to position (jump to position).....two.....halt
- Repeat same right.....three.....four
- Repeat all but omit the word halt.....one.....to.....16 counts
- (a) Jump to squat position, dumb-bells upon the floor outside of feet.....one.....halt

- (b) Stretch left leg sidewise with extending left arm  
sidewise.....two.....halt
- (c) Return to squat, dumb-bells on floor.....three.....halt
- (d) Return to fundamental position.....four.....halt
- Repeat all but omit the word halt.....one.....to.....8 counts
- Repeat all same right.....one.....to.....8 counts
- (a) Jump to squat position, dumb-bells upon the  
floor.....one.....halt
- (b) Extend both legs backward to lying support.....two.....halt
- (c) Return to squat position.....three.....halt
- (d) Return to position.....four.....halt
- Repeat three times but omit the word halt.
- Arms to thrust.....bend
- (a) Bend trunk sidewise left and thrust right arm  
upward (arm in line with the upper part of  
trunk).....one.....halt
- (b) Return to position.....two.....halt
- Same opposite.....three.....four
- Repeat all.....four counts
- (a) Jump to stride position outward and raise arms  
outward.....one.....halt
- (b) Jump to position, heels closed, move arms up-  
ward and meet dumb-bells over head.....two.....halt
- Repeat Exercise (a).....three.....halt
- As Exercise (b).....four.....halt
- Continue, omit the word halt.....one.....to.....16 counts

**BREATHING EXERCISES:**

- Inhale and slowly raise arms sidewise upward.....six counts
- Exhale, and slowly lower arms sidewise.....six counts
- Repeat several times.

**REMARKS:**

Divide this lesson into three or more parts. Take each part for a lesson. Then later take all for a lesson with music.

See suggested games on pages 123-135.

**Dumb-bells.****LESSON B.**

Music, 4-4 time.

**GROUP I.**

Arms and dumb-bells by side.....upper grip.

- (a) Step position left forward, arm to  
thrust, bend.....one.....four.....halt
- (b) Lunge left forward and thrust arms  
forward.....five.....eight.....halt
- (c) Bend opposite right knee and tense  
left with swing arms obliquely  
downward backward.....nine.....twelve.....halt
- (a) Step position left sidewise, arms to  
thrust.....one.....four.....halt
- (b) Lunge left sidewise, arms sidewise.....five.....eight.....halt
- (c) Bend opposite knee, arms in the rear  
fold.....nine.....twelve.....halt

- (a) Step position left backward, arms to thrust.....one.....four.....halt
- (b) Charge left backward with extending arms upward.....five.....eight.....halt
- (c) Lunge right forward with arms folded in back of neck.....nine.....twelve.....halt

## GROUP II.

- (a) Charge left forward, arms to thrust.....one.....four.....halt
- (b) Lunge left forward, bend trunk forward and thrust arms downward.....five.....eight.....halt
- (c) Bend trunk backward with bending right knee and tense left knee and swing arms backward.....nine.....twelve.....halt
- (a) Charge left sidewise, arms to thrust, bend.....one.....four.....halt
- (b) Lunge left sidewise, bend trunk left sidewise, with thrusting arms sidewise, left arm down, right up.....five.....eight.....halt
- (c) Cross arms in front of chest, elbows shoulder height, square within the arms.....nine.....twelve.....halt
- (a) Charge left backward, arms to thrust.....one.....four.....halt
- (b) Bend opposite knee and tense left knee, bend trunk backward with thrusting arms upward.....five.....eight.....halt
- (c) Swing arms forward downward and fold arms in rear.....nine.....twelve.....halt

## GROUP III.

- (a) Bend knee deep, arms to thrust.....one.....four.....halt
  - (b) Straighten legs, and lunge left backward, with extending left arm obliquely forward downward, right hand upon the right shoulder.....five.....eight.....halt
  - (c) Lunge right forward, swing backward left arm and thrust right arm obliquely forward upward.....nine.....twelve.....halt
  - (a) Bend knees deep, arms to thrust.....one.....four.....halt
  - (b) Lunge left sidewise and thrust arms sidewise.....five.....eight.....halt
  - (c) Bend opposite knee and tense left knee, left arms obliquely sidewise downward, right arms bent over head.....nine.....twelve.....halt
  - (a) Bend knees deep, arms to thrust.....one.....four.....halt
  - (b) Lunge left backward, with thrusting arms backward.....five.....eight.....halt
  - (c) Lunge left forward, with bending left forearms in front of chest.....nine.....twelve.....halt
- Close step to position on the last count. After the lesson is thoroughly learned then have it all with music.



**BREATHING:**

Bend trunk forward to right angle, arms extended downward. Inhale and erect body with raising arms slowly upward.....six counts  
 Exhale, and lower arms.....six counts  
 Repeat several times.

**REMARKS:**

Divide this lesson into three or more parts. Each part for a lesson.  
 Then later take all for a lesson with music.  
 Take as many groups as the required time calls for in this dumb-bell or calisthenic's schedule.  
 See suggested games on pages 123-135.

**LESSON C.****THEME:**

Lunging, alternate knee bending, turn and bending of trunk with arms swinging, respecting circling.  
 In open ranks of fours.

**REMARKS:**

Uneven.....Files one and three begin to the right.  
 Even.....Files two and four begin to the left.

$\frac{1}{1}$	$\frac{1}{2}$	$\frac{1}{3}$	$\frac{1}{4}$
---------------	---------------	---------------	---------------

**PART I.****THE UNEVEN NUMBERS:**

(a) One-fourth turn left and lunge left forward with swinging the arms sidewise upward.

**THE EVEN NUMBERS:**

(a) One-fourth turn right and lunge right forward with swinging the arms sidewise upward.....one.....two.....halt

**THE UNEVEN NUMBERS:**

(b) Bend right knee and turn trunk inward left, with bending trunk forward and swinging arms downward, dumb-bells upon the floor.

**THE EVEN NUMBERS:**

(b) Same opposite.....three.....four.....halt

**THE UNEVEN NUMBERS:**

(c) Return and face to the front, swing arms obliquely forward upward, bells vertical.

**THE EVEN NUMBERS:**

(c) Repeat same from opposite side.....five.....six.....halt

**UNEVEN AND EVEN NUMBERS:**

(d) Return to fundamental position.....seven.....eight.....halt  
 Repeat all to opposite.....eight counts

## PART II.

## UNEVEN NUMBERS:

- (a) Lunge left sidewise with a one-fourth turn left. Swing arms sidewise upward with striking the ends of dumb-bells.

## EVEN NUMBERS:

- (b) Same opposite side.....one.....two.....halt

## UNEVEN NUMBERS:

- Bend right knee with three-fourths arm circle (inward) left arm forward, right dumb-bell upon right shoulder, dumb-bells vertical.

## EVEN NUMBERS:

- Same opposite side.....three.....four.....halt

## UNEVEN NUMBERS:

- Bend left knee, swing arms diagonally, left arm upward, right backward.

## EVEN NUMBERS:

- Same opposite side.....five.....six.....halt

## UNEVEN AND EVEN NUMBERS:

- Return to position.....seven.....eight.....halt  
Repeat all exercises on opposite side.....eight counts

## PART III.

## UNEVEN NUMBERS:

- (a) Lunge left sidewise, swinging the arms sidewise upward with striking the ends of dumb-bells (the knuckles outward).

## EVEN NUMBERS:

- (a) Same opposite.....one.....two.....halt

## UNEVEN NUMBERS:

- (b) Bend the right knee and bend trunk right sidewise, right hand dumb-bells upon the floor. Left arm circle over head.

## EVEN NUMBERS:

- (b) Same opposite.....three.....four.....halt

## UNEVEN NUMBERS:

- (c) Bend the left knee and bend trunk left sidewise, left hand dumb-bells upon the floor, right arm circle over head.

## EVEN NUMBERS:

- (c) Same opposite.....five.....six.....halt

## UNEVEN AND EVEN NUMBERS:

- (d) Return to position.....seven.....eight.....halt  
Repeat all of Part VI opposite.....eight counts

## BREATHING EXERCISES:

- Inhale, raise arms forward upward, head backward.....six counts  
Exhale, lower arms down.....six counts  
Repeat all several times.

## LESSON D.

Two-count movement.

## THEME:

Knee bending, leg raising, lunging, combined with hopping, facing, thrusting and arm swinging.

## IN OPEN RANKS.

## PART I:

- (a) Bend knee slightly, arms to thrust (the forearms are horizontal, knuckles turned downward).....one.....two.....halt
- (b) Straighten the knees, raise the left leg forward and thrust arms forward (knuckles upward).....three.....four.....halt
- (c) Lunge left forward and swing the arms sidewise.....five.....six.....halt
- (d) Left face and jump into position, close step.....seven.....eight.....halt
- Repeat Exercises (a), (b), (c), (d).....eight counts
- Repeat all twice.....one.....to.....16 counts

## PART II:

- (a) Bend knees deep, arms to thrust.....one.....two.....halt
- (b) Straighten legs, extend left leg sidewise with thrusting arms sidewise.....three.....four.....halt
- (c) Lunge left sidewise and swing arms sidewise upward with striking ends of dumb-bells over head.....five.....six.....halt
- (d) About face, jump in place (all face to the rear).....seven.....eight.....halt
- Repeat Exercises (a), (b), (c), (d), right, but omit the word halt.....eight.....halt

## PART III:

- (a) Bend knees deep, arms to thrust.....one.....two.....halt
- (b) Straighten knees, raise left leg backward and thrust arms upward with striking ends of dumb-bells, hands over head.....three.....four.....halt
- (c) Lunge left backward and swing the arms side downward with striking in the rear.....five.....six.....halt
- (d) Jump into position, close step.....seven.....eight.....halt
- About face and repeat Exercises (a), (b), (c), (d), to the right side.....eight counts
- Repeat all but omit the word halt.....16 counts
- (On the last count about face to the front.)

## BREATHING EXERCISES:

Inhale and raise arms sidewise upward.....six counts

Exhale and lower arms sidewise.....six counts

Repeat several times.

## LESSON E.

## THEME:

Spear throwing, shot putting, football kicking, standing jump.

## PART I. SPEAR ACTIONS:

- (a) Right face, place the left foot forward with the left arm forward (dumb-bells vertical) right arm extended to the rear, elbow bent, aiming position.....one.....two.....halt
- (b) Left face, lunge left sidewise with swinging the arms sidewise and turning the face to the right (the knuckles of the left hand turned downward and of the right hand upward, bell horizontal preparing for throw).....three.....four.....halt
- (c) Bend the other knee, turn trunk quick to the right leaning forward slightly, forcibly swing the left arm forward, at the same time move the right arm backward, bells vertical (the throw).....five.....six.....halt
- (d) Return to position.....seven.....eight
- Repeat all opposite side.....eight counts

## PART II. SHOT-PUT ACTION:

- (a) Turn the trunk to the right, cross step left in front of the right, left arm extended obliquely sidewise upward.....one.....two.....halt
- (b) Hop left sidewise on the right foot, swing the left leg in the same direction and place the left foot sidewise.....three.....four.....halt
- (c) Leap with a half turn to the left into the lunge position, the right leg forward and raise the arms obliquely, the right arm obliquely forward upward, eyes forward.....five.....six.....halt
- (d) Return facing to rear.....seven.....eight.....halt
- Repeat all but omit the word halt and on the last count face front.....eight counts

## PART III. FOOTBALL KICK:

- (a) Right face, lunge right forward and bend trunk forward to right angle, placing dumb-bells upon floor.....one.....two.....halt
- (b) Raise trunk and lunge right backward with swinging arms sidewise.....three.....four.....halt
- (c) Kick forward right (as if kicking a football) and place the right foot forward, swinging the arms obliquely forward upward.....five.....six.....halt
- (d) Return to position.....seven.....eight.....halt
- Repeat all to opposite side.....eight counts
- (a) Left face, raise heels and swing arms forward upward.....one.....two.....halt
- (b) Bend knees and swing the arms down backward.....three.....four.....halt

- (c) Leap in place (or forward) with swinging arms  
fore-upward, followed by knee bending  
and lowering the arms forward (to height  
of shoulders).....five.....six.....halt
- (d) Return with facing to front.....seven.....eight.....halt  
Repeat all with a quarter turn left.....eight counts  
Repeat twice.....16 counts

**BREATHING EXERCISES:**

- Inhale, raise arms sidewise upward.....six counts  
Exhale, lower arms down.....six counts  
Repeat several times.

**LESSON F—TWO-COUNT MOVEMENTS.****PART I.****EXERCISE A:**

- (a) Raise arm forward (striking bells) and  
point step left forward.....one.....two.....halt
- (b) Swing arms sidewise and step position  
left sidewise (knuckles up).....three.....four.....halt
- (c) Swing arms forward (striking bells)  
and step left forward.....five.....six.....halt
- (d) Close step, return to position.....seven.....eight.....halt  
Repeat same right, but omit the word halt.....eight counts  
Repeat all left and right.....one.....to.....16 counts

**EXERCISE B:**

- (a) Raise arms sidewise, dumb-bells upon  
shoulder.....one.....two.....halt
- (b) Extend arms sidewise.....three.....four.....halt
- (c) Return dumb-bells upon shoulder.....five.....six.....halt
- (d) Return to position.....seven.....eight.....halt  
Repeat all.....eight counts  
Repeat all.....one.....to.....16 counts

**EXERCISE C:**

- (a) Raise arms sidewise and step position  
left forward.....one.....two.....halt
- (b) Raise arms upward (striking bells) and  
bend left knee.....three.....four.....halt
- (c) Lower arms sidewise and straighten  
knee.....five.....six.....halt
- (d) Return to position.....seven.....eight.....halt  
Repeat same right.....one.....to.....eight counts  
Repeat all left and right, but omit the word halt.....16 counts

**EXERCISE D:**

- (a) Raise arms sidewise, upward (striking  
bells) and bend knees to obtuse  
angle.....one.....two.....halt
- (b) Swing arms sidewise downward, striking bells  
in rear, and straighten knees.....three.....four.....halt
- (c) Return to Exercise (A) (striking bells).....five.....six.....halt
- (d) Return to starting position.....seven.....eight.....halt  
Repeat.....nine.....to.....16 counts  
Repeat all.....one.....to.....16 counts  
16 count rest.

## PART II.

## EXERCISE A:

- (a) Bend trunk forward, arms downward.....one.....two.....halt  
 (b) Erect trunk, arms sidewise.....three.....four.....halt  
 (c) Bend trunk forward, arms downward.....five.....six.....halt  
 (d) To starting position.....seven.....eight.....halt  
 Repeat all.....eight counts  
 Repeat all.....one.....to.....16 counts

## EXERCISE B:

- (a) Raise arms sidewise, dumb-bells upon  
shoulders.....one.....two.....halt  
 (b) Extend arms sidewise and bend trunk  
sidewise.....three.....four.....halt  
 (c) Return, erect body, dumb-bells upon  
shoulder.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat same right.....one.....to.....eight counts  
 Repeat all left and right, but omit the word halt.....16 counts

## EXERCISE C:

- (a) Raise arms sidewise and turn trunk  
left.....one.....two.....halt  
 (b) Raise arms upward (strike bells).....three.....four.....halt  
 (c) Lower arms sidewise.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat same right.....one.....eight.....halt  
 Repeat all left and right, but omit the word halt.....16 counts

## EXERCISE D:

- (a) Raise arms sidewise upward (striking  
dumb-bells together).....one.....two.....halt  
 (b) Bend trunk forward and swing arms  
sidewise downward.....three.....four.....halt  
 (c) Raise arms upward with striking clubs  
and erect the body.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat all, but omit the word halt.....eight counts  
 Repeat all.....16 counts

## PART III.

## EXERCISE A:

- (a) Arms downward and bend trunk  
forward.....one.....two.....halt  
 (b) Swing arms sidewise, straighten trunk  
and lunge left forward.....three.....four.....halt  
 (c) Close step, bend trunk forward, arms  
downward.....five.....six.....halt  
 (d) Return to position.....seven.....eight.....halt  
 Repeat same opposite.....one.....eight.....halt  
 Repeat left and right.....one.....eight.....halt

## EXERCISE B:

- (a) Raise arms sidewise, dumb-bells upon the  
shoulders, elbows bent, charge left for-  
ward.....one.....two.....halt

- (b) Extend arms sidewise and bend trunk  
left sidewise.....three.....four.....halt
- (c) Dumb-bells upon shoulders.....five.....six.....halt
- (d) Return to position, fundamental.....seven.....eight.....halt  
Repeat same right.....one.....to.....eight counts  
Repeat all left and right, but omit the word halt.....16 counts

## EXERCISE C:

- (a) Raise arms sidewise, twist trunk left  
and charge left sidewise.....one.....two.....halt
- (b) Raise arms upward (striking bells).....three.....four.....halt
- (c) Lower arms sidewise.....five.....six.....halt
- (d) Return to starting position.....seven.....eight.....halt  
Repeat same right.....one.....eight.....halt  
Repeat all, but omit the word halt.....one.....to.....16 counts

## EXERCISE D:

- (a) Raise arms sidewise upward (striking  
bells) and charge left forward.....one.....two.....halt
- (b) Swing arms sidewise downward, bend  
trunk forward.....three.....four.....halt
- (c) Swing arms sidewise upward (striking  
bells) and straighten trunk.....five.....six.....halt
- (d) Return to starting position.....seven.....eight.....halt  
Repeat same right, but omit the word halt.....eight counts  
Repeat all.....one.....to.....16 counts

## BREATHING EXERCISES:

Inhale, raise arms backward upward.....six counts  
Exhale.....one count  
Repeat several times.

## REMARKS:

Divide this lesson into three or more parts. Take each part for a lesson. Then later take all for a lesson with music.  
See suggested games on pages 123-135.

## LESSON G—DUMB-BELLS.

## THEME:

Leaning, lying, hands, stand, etc.

## PART I.

- (a) One-eighth turn left, bend knees to  
squat, dumb-bell upon floor.....one.....two.....halt
- (b) Straighten the legs backward into  
lying support, arms tense.....three.....four.....halt
- (c) Bend elbows to lower lying support  
with raising left leg backward up-  
ward, and return, head up.....five.....six.....halt
- (d) Raise right leg backward upward, and  
return.....seven.....eight.....halt
- (e) Raise left leg.....nine.....ten.....halt
- (f) Raise right leg.....eleven.....twelve.....halt
- (g) Jump to squat position.....thirteen.....fourteen
- (h) Front face.....fifteen.....sixteen  
Repeat same opposite side.....16 counts

## PART II.

- (a) One-eighth left, bend knees to squat position, dumb-bells upon the floor.....one.....two.....halt
- (b) Extend legs forward into sitting position, arms forward.....three.....four.....halt
- (c) Lower trunk backward upon the floor with raising arms upward.....five.....six.....halt
- (d) Raise both legs up to right angle.....seven.....eight.....halt
- (e) Lower legs.....nine.....ten.....halt
- (f) Raise trunk forward, arms forward.....eleven.....twelve.....halt
- (g) Place dumb-bells upon the floor and jump to squat position.....thirteen.....fourteen
- (h) Straighten legs and face front.....fifteen.....sixteen

## PART III.

(Hand stand. Boys only.).....one.....two.....three.....four

## UNEVEN NUMBER:

- (a) One-fourth turn left with lunging forward, left arms obliquely forward upward.

## EVEN NUMBER:

- (a) One fourth turn right and repeat same exercise right.....one.....two.....halt

## UNEVEN NUMBER:

- (b) Lower trunk forward.

## EVEN NUMBER:

Swing the arms forward downward with placing the bells on floor.....three.....four

## (b) EVEN NUMBER:

Leave the bells crosswise on the floor, raise the trunk, and hold the legs of the uneven numbers (who have meantime executed hand stands) near the ankles.....eight counts

All numbers to the front face.....four counts

Repeat all, but even numbers execute the hand stand.....16 counts

## BREATHING EXERCISE:

Bend trunk forward to right angle. Raise trunk and inhale, with swing arms sidewise upward very slowly.....six counts

Exhale, with lowering arms sidewise.....six counts

Repeat several times.

## REMARKS:

Take each lesson with 6-8 music time, or 4-4 time, according to a snappy time. After each lesson (A), (B), (C), (D) have been thoroughly learned, then have the four lessons together under one piece of music, 6-8 time.



## Bar Bells.

## PART I.

## EXERCISE I:

- (a) Step position left forward and raise wand  
forward horizontally.....one.....two
- (b) Bend left knee, cross arms, left arm over.....three.....four  
Return.....five.....eight  
Same right.....nine.....to.....16 counts  
Repeat.....one.....to.....16 counts

## EXERCISE II:

- (a) Step left sidewise and raise wand sidewise left.....one.....two
- (b) Bend left knee and swing wand sidewise to  
right.....three.....four  
Return.....five.....eight  
Right.....nine.....to.....16 counts  
Repeat.....one.....to.....16 counts

## EXERCISE III:

- Step left backward and raise wand upward,  
horizontally.....one.....two
- Bend left knee and lower wand back of shoulders.....three.....four  
Return.....five.....eight  
Same right.....nine.....to.....16 counts  
Repeat.....one.....to.....16 counts

## EXERCISE IV:

- (a) Step left forward and wand in front of chest,  
horizontally.....one.....two
- (b) One-fourth turn right. Wand perpendicular.....three.....four  
Return.....five.....eight  
Same right.....nine.....to.....16 counts  
Repeat.....one.....to.....16 counts

## PART II.

## EXERCISE I:

- (a) Lunge left forward and raise wand forward  
horizontally.....one.....two
- (b) Kneel on right knee, cross arms left, left over.....three.....four  
Return.....five.....eight  
Same right.....nine.....to.....16 counts  
Repeat.....one.....to.....16 counts

## EXERCISE II:

- (a) Lunge left sidewise and raise wand left sidewise  
horizontally.....one.....two
- (b) Bend alternate knee and swing right.....three.....four  
Return.....five.....eight  
Right.....nine.....to.....16 counts  
Repeat.....one.....to.....16 counts

## EXERCISE III:

- (a) Lunge left backward and raise wand upward  
horizontally.....one.....two

- (b) One-half turn left, kneel on right knee, wand  
 behind shoulders.....three.....four  
 Return.....five.....eight  
 Right.....nine.....to.....16 counts  
 Repeat.....one.....to.....16 counts

## EXERCISE IV:

- (a) Lunge left forward and wand in front of chest.....one.....two  
 (b) One-fourth turn right, bend alternate knee;  
 wand over shoulder (striking position).....three.....four  
 Return.....five.....eight  
 Right.....nine.....to.....16 counts  
 Repeat.....one.....to.....16 counts

## PART III.

## EXERCISE I:

- (a) Lunge left forward and raise wand forward.....one.....two  
 (b) Bend alternate knee, bend trunk backward,  
 cross arms, left over right, shoulder height.....three.....four  
 Return.....five.....eight  
 Right.....nine.....to.....16 counts  
 Repeat.....one.....to.....16 counts

## EXERCISE II:

- (a) Lunge left sidewise, wand right sidewise hori-  
 zontally.....one.....two  
 (b) One-fourth turn right, bend alternate knee, bend  
 trunk forward, lower wand horizontally  
 downward.....three.....four  
 Return.....five.....eight  
 Right.....nine.....to.....16 counts  
 Repeat.....one.....to.....16 counts

## EXERCISE III:

- (a) Lunge left backward and raise wand upward.....one.....two  
 (b) Bend alternate knee, bend trunk forward, wand  
 behind shoulder.....three.....four  
 Return.....five.....eight  
 Right.....nine.....to.....16 counts  
 Repeat.....one.....to.....16 counts

## EXERCISE IV:

- (a) Lunge left forward, wand in front of chest.....one.....two  
 (b) One-fourth turn right, bend alternate knee, bend  
 trunk left sidewise, wand perpendicular on  
 right shoulder.....three.....four  
 Return.....five.....eight  
 Right.....nine.....to.....16 counts  
 Repeat.....one.....to.....16 counts

## BREATHING EXERCISES:

Inhale, raise bar bells horizontally forward upward and  
 drop bar bells in back of shoulders, elbows back,  
 chest forward.....six counts  
 Exhale, lower wand over head down to position.....six counts  
 Repeat several times.

See suggested games on pages 123-135.

## Indian Club.

## PART I.—LESSON A.

Position—Grasp club at both ends.

## EXERCISE I:

- |  |            |       |
|--|------------|-------|
| (a) Raise club forward with toe step left forward..... | one.....   | halt  |
| (b) Return to position.....                            | two.....   | halt  |
| Repeat.....  | three..... | four  |
| Repeat same right.....                                 | five.....  | eight |
| Repeat all left and right.....                         |            | eight |

## EXERCISE II:

- |   |                |
|---|----------------|
| (a) Step position left and bend right elbow in front<br>of chest, elbow shoulder height. Club in<br>right hand..... | one            |
| (b) Return to position.....   | two            |
| (c) and (d) Repeat.....   | three.....four |
| Repeat same right.....  | five.....eight |
| Repeat all left and right.....  | 8 counts       |

## EXERCISE I:

Square left, grasp both ends.

- |  |                 |           |
|--|-----------------|-----------|
| (a) March forward four steps swinging<br>arms forward.....                       | one.....        | 4 counts  |
| (b) Mark time, arms upward.....  | five.....       | 8 counts  |
| (c) Left face, march forward (four steps)<br>swinging arms forward downward..... | nine.....       | 12 counts |
| (d) Mark time, left face, and swing arms<br>upward and down.....                 | thirteen.....   | 16 counts |
| Repeat all.....  | one.....to..... | 16 counts |

## EXERCISE II:

Square right.

- |  |            |               |
|--|------------|---------------|
| (a) March forward four steps with swinging<br>arms up and down to each step..... | one.....   | 4 counts      |
| (b) Bend trunk forward to right angle.....                                       | five.....  | erect.....six |
| Repeat.....  | seven..... | eight         |
| Repeat all three times.....  |            | 24 counts     |

## EXERCISE III:

- |  |            |            |           |
|--|------------|------------|-----------|
| (a) Lunge right sidewise, right arm<br>obliquely upward..... | one.....   | two.....   | halt      |
| (b) Kneel left, right arm obliquely upward.....              | three..... | four.....  | halt      |
| (c) Return to exercise (a).....                              | five.....  | six.....   | halt      |
| (d) Return to position.....                                  | seven..... | eight..... | halt      |
| Repeat same left, but omit the word halt.....                |            |            | 8 counts  |
| Repeat all left and right.....                               |            |            | 16 counts |

## REMARKS:

Position: Club vertically in right hand, in front of right shoulder, right elbow bent, left hand upon hip. Head of club in palm of right hand, index finger extended on neck of club.

## PART II.

## EXERCISE IV:

- (a) Right arm circle outward to right.....one.....halt  
 (b) Return to position.....two.....halt  
 Repeat.....one.....to.....16 counts  
 Repeat same arm circle left outward.....one.....halt  
 (b) Return to position.....two.....halt  
 Repeat all.....one.....to.....16 counts

## EXERCISE V:

- (a) Right arm circle inward with dip.....one  
 (b) Return to position.....two.....halt  
 Repeat all.....one.....to.....16 counts  
 (a) Left arm circle inward with dip.....one  
 (b) Return to position.....two.....halt  
 Repeat all.....one.....to.....16 counts  
 Repeat left and right on coming into position  
 quickly, change clubs.....16 counts

## REMARKS:

The dip is executed by dropping the club upon the forearm. If club is in right hand, then the club will fall upon the right forearm, extended or elbows bent. (Either,) (Wrist movement.)

## PART III.

- (a) Right arm circle outward with hand  
     circle in rear of right shoulder.....one.....two.....halt  
 (b) Repeat from.....one.....to.....16 counts  
 (a) Left arm circle outward with left hand  
     circle in rear of back.....one.....two.....halt  
 (b) Repeat.....one.....to.....16 counts

## REMARKS:

Hand circle is executed as follows: Swing right arm outward vigorously, and as the hand comes over the head, dip the club outward right in rear of forearm and in back of right shoulder, and upward to outward swing again. Only one hand circle is described with the club. Beginners always circle too often and the consequences are they get the bumps. Don't mind them keep on practicing with a rigid body. Practice makes perfect.

## PART IV.

- (a) Right arm circle inward with hand  
     circle inward.....one.....two.....halt  
 (b) Repeat all from.....one.....to.....16 counts  
 (a) Left arm circle inward with hand circle  
     inward.....one.....two.....halt  
 (b) Repeat all from.....one.....to.....16 counts

## BREATHING EXERCISE:

Inhale and raise clubs backward upward.....six counts  
 Exhale and lower clubs forward downward.....six counts  
 Repeat several times.

## REMARKS:

Hand circle inward is executed in the following manner: Swing right arm circle vigorously inward downward, extend the arm to side and bend elbow over head, club in line with forearm, then drop the club in rear of left shoulder, bring up and circle pass the right shoulder and whip up with right wrist to vertical position over head and swing arm circle inward again to hand circle again. Repeat this several times until perfect. Music waltz time.

## Club Exercises.

## LESSON B.

Position: Elbows bent, clubs in front vertically and parallel upward. Head of clubs in palm of hands. Knuckles outward.

## PART I.

## EXERCISE I:

- |   |                      |
|---|----------------------|
| (a) Three-fourths arm circle left inward.....   | one                  |
| Dip club on forearm (arm straight and           |                      |
| shoulder high) with stride left                 |                      |
| sidewise.....                                   | two.....halt         |
| Reverse.....                                    | three                |
| Return to starting position.....                | four.....halt        |
| (b) Same exercise with three-fourths arm        |                      |
| circle right inward and stride right            |                      |
| sidewise.....                                   | five.....eight       |
| (c) Three-fourths double arm circle inward..... | nine                 |
| Dip clubs on forearm (arms straight             |                      |
| and shoulder high) and bend knees.....          | ten                  |
| (d) Reverse.....                                | eleven               |
| (e) Return to starting position.....            | twelve               |
| (f) Repeat exercise (c).....                    | thirteen.....sixteen |
| Repeat all.....                                 | 16 counts            |

## PART II.

## EXERCISE II:

- |  |                 |
|--|-----------------|
| (a) Three-fourths circle left outward.....         | one             |
| Dip club on forearm in front of chest              |                 |
| (arm bent) and stride left back-                   |                 |
| ward, elbow shoulder height.....                   | two.....halt    |
| (b) Reverse.....                                   | three           |
| Return to position.....                            | four.....halt   |
| (a, b) Same exercise with three-fourths arm circle |                 |
| right outward and stride backward.....             | five.....six    |
| (c) Reverse.....                                   | seven           |
| (d) Return to position.....                        | eight.....halt  |
| (e) Three-fourths double arm circle outward.....   | nine            |
| (f) Dip clubs upon forearm (arms bent in front of  |                 |
| chest and rise on toes).....                       | ten.....halt    |
| (g) Reverse.....                                   | eleven          |
| (h) Return to starting position.....               | twelve.....halt |
| Repeat all, but omit the word halt.....            | 16 counts       |

## PART III.

## EXERCISE I:

- (a) Double hand circle forward outward and return to starting position (club circle outside of arms).....one.....two.....halt
- (b) Repeat.....three.....four.....halt
- (c) Double arm circle forward down and backward with bending trunk forward to right angle.....five.....halt
- (d) Swing arms forward to starting position.....six.....halt
- (e) Repeat exercise (c).....seven.....halt
- (f) Repeat exercise (d).....eight.....halt
- Repeat all three times.....nine.....to.....32 counts

## EXERCISE II:

- (a) Double arm circle outward with hand circle outward in rear of shoulders (only one hand circle).....one.....two.....halt
- (b) Repeat exercise (a).....three.....four.....halt
- (c) Double arm circle with bending trunk forward obtuse angle.....five.....halt
- (d) Return to starting position.....six.....halt
- Repeat exercises (a) and (b).....seven.....eight.....halt
- Repeat all three times.....nine.....to.....32 counts

## PART IV.

## EXERCISE I:

- (a) Three-fourths double arm circle inward.....one
- Dip clubs on forearm and bend knees (arm straight and shoulder high).....two.....halt
- Reverse to starting position.....three.....four.....halt
- (b) Three-fourths double arm circle outward.....five
- Dip club on forearm (arms bent in front of chest).....six.....halt
- Reverse to starting position.....seven.....eight.....halt
- Repeat all three times.....24 counts

## EXERCISE II:

- (a) Three-fourths arm circle left outward.....one
- Hand circle left outward (hand circle in rear of shoulder).....two.....halt
- Three-fourths arm circle inward to starting position.....three.....four.....halt
- (b) Exercise (a), right hand.....five.....eight.....halt

## EXERCISE III:

- (c) Three-fourths double arm circle outward.....nine
- Double hand circle outward.....ten
- Three-fourths double arm circle outward to starting position.....eleven.....twelve
- Repeat exercise (a).....thirteen.....sixteen
- Repeat all.....16 counts

## EXERCISE IV:

Like exercise I, but start arm circle and  
hand circle inward.....one.....to.....16 counts

## PART V.

## EXERCISE I:

- (a) Three-fourths double arm circle outward.....one  
Double hand circle outward.....two  
Three-fourths arm circle outward to starting  
position.....three.....four  
(b) Like exercise (a), but start arm circle and hand  
circle inward.....five.....eight  
Repeat all of Part V three times.....24 counts

## EXERCISE II:

- (a) Three-fourths arm circle left.....one  
Double hand circle left.....two  
Three-fourths double arm circle left to starting  
position.....three.....four  
(b) Like exercise (a), but start double arm circle  
and double hand circle right.....five.....eight  
Repeat all of Exercise II, (a) (b) three times.....24 counts

## EXERCISE III:

- (a) Three-fourths double arm circle left and stride  
left sidewise.....one  
Starting position and close step.....two.....halt  
Repeat.....three.....four.....halt  
(b) Like (a), but start double arm circle right and  
stride right sidewise.....five.....eight  
Repeat (a) and (b) three times.....24 counts

## PART VI.

## EXERCISE I:

- (a) Double arm circle forward down and backward.....one  
Swing forward.....two.....halt  
(b) Dip clubs and move arms outward (arms are  
straight and shoulder height).....three.....four  
Three-fourths double arm circle outward.....five  
Double hand circle.....six  
Three-fourths double arm circle outward to  
starting position.....seven.....eight  
Repeat three times.....24 counts

## EXERCISE II:

- (a) Three-fourths double arm circle left.....one  
Dip clubs and lunge sidewise left (arms are  
extended to the right).....two.....halt  
Reverse to starting position.....three.....four  
Three-fourths double arm circle sidewise right.....five  
Double hand circle sidewise right.....six  
(b) Three-fourths double arm circle sidewise right  
to starting position.....seven.....eight  
Repeat Exercises (a) and (b) three times.....24 counts

## EXERCISE III:

- (a) Double hand circle forward outward (club circle outside of arms).....one  
 Double arm circle forward down and backward,  
 lunge backward and bend trunk forward.....two.....halt  
 Reverse to fundamental position and swing clubs  
 crossed over and bend trunk forward.....three.....four.....halt  
 Three-fourths double arm circle inward.....five.....halt  
 Double hand circle inward.....six.....halt  
 Three-fourths double arm circle inward to  
 starting position.....seven.....eight  
 Repeat three times.

## BREATHING EXERCISE:

- Inhale and raise arms and club sidewise, head back,  
 chest forward and rotate the arms, knuckles  
 down.....six counts  
 Exhale, lower arms.  
 Repeat all several times.

## REMARKS:

- Divide this lesson into six or more parts. Take each part for a lesson. Afterward take all the parts with music.  
 See suggested games on pages 123-135.

## PART I.—LESSON C.

## CLUBS TO STARTING—RAISE.

## EXERCISE I:

- (a) Raise heels and three-fourths arm circle  
 inward (outward position of the  
 arms on a level with the shoulders) one.....two.....halt  
 (b) Bend knees deep and dip clubs upon  
 forearm.....three.....four.....halt  
 (c) Straighten legs and three-fourths double  
 arm circle outward (to over head  
 position).....five.....six.....halt  
 (d) Lower heels and bend arms to starting  
 position.....seven.....eight.....halt

## EXERCISE II:

- (a) Three-fourths arm circle outward (to  
 arms bent and crossed on a level  
 with the shoulders (as arm exercise  
 A of Part III)).....one.....two.....halt  
 (b) Lunge left forward and dip clubs on  
 forearm.....three.....four.....halt  
 (c) Close step left to the rear. Three-  
 fourths double arm circle inward  
 (to position over head).....five.....six.....halt  
 (d) Bend arms to starting position.....seven.....eight.....halt  
 Same right.....one.....to.....16 counts  
 Repeat all left and right, but omit the  
 word halt.....16 counts



## PART II.

## EXERCISE III:

- (a) Three-fourths double arm circle left (to position sidewise right).....one.....two.....halt
- (b) Lunge left sidewise and dip clubs on forearm arms left side.....three.....four.....halt
- (c) Close left foot to right and three-fourths double arm circle right (to position over head).....five.....six.....halt
- (d) Bend arms to starting position.....seven.....eight.....halt  
 Repeat same right.....one.....to.....16 counts  
 Repeat all, but omit the word halt.....one.....to.....16 counts  
 Intermission exercises. (In place of rest some variety of tactics in posing stands.)
- (e) Bend trunk forward and again straighten with four-fourths double arm circle forward. (Passing the same on the left side, then over head to starting position).....one.....two
- (f) Same right.....three.....four  
 Repeat (e) (f).....one.....two.....three.....four

## PART III.

## EXERCISE IV:

Clubs to starting position.....raise.

- (a) Stride position left forward and three-fourths double arm circle outward with clubs extended in line with the forearms. Arms cross in front, square within arms, shoulder height.....one.....two.....halt
- (b) Bend left knee and four-fourths double horizontal hand circle outward and move arms outward.....three.....four.....halt
- (c) Straighten left knee and three-fourths double arm circle inward (to position over head).....five.....six.....halt
- (d) Return to starting position.....seven.....eight.....halt  
 Repeat same right.....8 counts  
 Repeat all left and right.....16 counts

## EXERCISE V:

- (a) Stride position backward left and three-fourths double arm circle inward (as Ex. A in Part III).....one.....two.....halt
- (b) Bend left knee and four-fourths double horizontal hand circle inward (and move arms inward on a level with the shoulders).....three.....four.....halt
- (c) Straighten left knee and three-fourths double arm circle inward (to position over head).....five.....six.....halt
- (d) Return to starting position.....seven.....eight.....halt  
 Repeat same right.....8 counts  
 Repeat all, but omit the word halt.....16 counts

## PART IV.

## EXERCISE VI:

- (a) Bend trunk sidewise left, double arm circle left, the left arm to be bent in rear of back, and the right arm to continue overhead.....one.....two.....halt
- (b) Return to starting position.....three.....four.....halt  
Same right.....4 counts
- (a) Step position left sidewise and three-fourths double arm circle left.....one.....two.....halt
- (b) Lunge sidewise left and four-fourths double horizontal hand circle to the left (move arms to the left).....three.....four.....halt
- (c) Return to toe step left and three-fourths double arm circle left (to position over head).....five.....six.....halt
- (d) Return to starting position.....seven.....eight.....halt  
Repeat same right.....8 counts  
Repeat all, but omit the word halt.....16 counts

## PART V.

## EXERCISE VII:

- (a) Lunge backward and double arm circle forward to backward, downward, obliquely position.....one.....two.....halt
- (b) Bend trunk backward and swing arms forward upward.....three.....four.....halt
- (c) Return to exercise (a).....five.....six.....halt
- (d) Return to position.....seven.....eight.....halt  
Repeat same right.....8 counts  
Repeat all, but omit the word halt.....16 counts

## BREATHING EXERCISE:

- Inhale, raise clubs forward upward.....6 counts
- Exhale and lower arms.....6 counts
- Repeat several times.

## REST POSITION:

- Clubs under the upper arm, elbows bent, forearm horizontally forward, clubs close to body.....carry

## REMARKS:

- Divide this lesson into five or more parts. Take each part for a lesson if the time requires. Then later take all for a lesson with music. Waltz time.

## Waltz.

## PART I.—LESSON D.

## EXERCISE I:

- One and one-eighth arm circle outward to obliquely sidewise upward position and hold.....one.....two
- The same right.....three.....four
- Three double arm circle outward to position.....five.....eight
- Same right.....nine.....sixteen
- Repeat all.....one.....sixteen

## EXERCISE II:

Three-fourths arm circle left inward (height of shoulder).....	one
Then dip the club on forearm (2) and hold.....	two
The same right.....	three.....four
One-half double arm circle outward (arms bent).....	five
One, three-fourths double arm circle inward (arms bent).....	six.....seven.....eight
Repeat right.....	nine.....to.....16 counts
Repeat left and right.....	one.....to.....16 counts

## EXERCISE III:

Straighten both arms to left, obliquely sidewise upward.....	one
Five-eighths arm circle inward right, left arm remain.....	two
One, seven-eighths arm circle outward to oblique right sidewise upward.....	three.....four
Double arm circle outward left.....	five
Double hand circle in rear of shoulders.....	six.....seven
Position.....	eight
Same right.....	nine.....to.....16 counts
Repeat.....	one.....to.....16 counts

## PART II.

## EXERCISE I:

Step position left sidewise, three-fourths double arm circle right to position.....	one
Cross right leg in rear of left, bend knees and dip clubs.....	two
Return and repeat one and two to right side.....	three.....four
Step position right sidewise one-half double arm circle right.....	five
One-fourth turn left on heels, quickly raise right leg backward and lower and dip clubs on forearm (arms forward).....	five.....six
Two, double hand circle forward outside of arms.....	seven.....eight
Face front on count nine and repeat right.....	nine.....sixteen
Repeat left and right.....	seventeen to thirty-two

## EXERCISE II:

Bend trunk forward, straighten arms forward and immediately swing backward paralleled with the trunk.....	one
Straighten trunk and swing arms forward.....	two
Raise heels and swing arms sidewise.....	three
Lower heels and swing arms forward.....	four
Repeat seven times.....	five to thirty-two

## PART III.

## EXERCISE I:

Three, double arm circle outward.....	one.....three
Arms obliquely sidewise upward.....	four
Lower heels, two arm circle outward and hand circle outward right behind shoulder.....	five
Change to opposite.....	six
Repeat once.....	seven.....eight
Repeat three times.....	nine to thirty-two

## EXERCISE II:

One-half double arm circle to left and double hand circle in front of hip.....	one.....	two
One and one-fourth double arm circle left and dip club with lunge left sidewise.....	three.....	four
Replace left foot, double arm circle right and double hand circle in rear of shoulders.....	five.....	six.....seven.....eight
Same right.....	nine.....	sixteen
Repeat left and right.....	seventeen to thirty-two	

## PART IV.

## EXERCISE I:

One-half double arm circle outward and double hand circle outward in front of thighs.....	one.....	two
One three-fourths double arm circle outward and bend knees deep.....	three.....	four
Straighten knees and raise arms upward.....	five	
Lower club backward on forearm.....	six	
Bend arms in front of chest.....	seven	
Straighten arms sidewise.....	eight	
Repeat three times to position.....	nine to thirty-two	

## EXERCISE II:

One-half double arm circle to left and double hand circle in front of thighs.....	one.....	two
One and one-fourth double arm circle to left, one-fourth turn right (arms forward).....	three	
Dip club on fore arm.....	four	
Double hand circle forward.....	five	
Bend left knee, place right foot backward on toes and swing arms obliquely backward.....	six	
Left face to fundamental position.....	seven.....	eight
Repeat three times.....	nine to thirty-two	

## PART V.

## EXERCISE I:

One-half arm circle left outward.....	one	
Four-fourths hand circle in front of left thigh.....	two	
One and one-half arm circle left outward (arm in upward position).....	three	
Four-fourths (high) front hand circle.....	four	
Three-fourths arm circle left outward (arm in side position).....	five	
One and one-half arm circle left inward (to sidewise left) on a level with shoulders.....	six.....	seven
Dip clubs on forearm.....	eight	
Same right repeat.....	nine.....	sixteen
One-fourth double arm circle outward.....	seventeen	
Four-fourths double hand circle.....	eighteen	
One and one-fourth double arm circle outward (arms upward).....	nineteen	
Four-fourths high front double hand circle.....	twenty	
Two arms and hand circle outward (i. e. simultaneously) arm circle left outward and hand circle right behind shoulder.....	twenty-one	
Change to opposite.....	twenty-two	
Repeat once.....	twenty-three.....	twenty-four

Repeat exercise from seventeen to  
 twenty-four.....twenty-five...thirty-two  
 Repeat all to position.....thirty-two...sixty-four

## PART VI.

## EXERCISE II:

Step left sidewise and three-fourths double arm circle  
 right (to sidewise left).....one  
 Cross right leg behind left (foot on toes) slightly  
 bend with both knees and dip clubs on forearms.....two  
 Repeat one-two to the right.....three.....four  
 Repeat left.....five.....six  
 Step right sidewise, one-half arm circle right inward  
 (the left arm remains sidewise as in count six  
 and raise leg sidewise quickly).....seven  
 Lower left foot to right and dip right club on forearm.....eight  
 Double arm circle outward and double hand circle  
 outward behind shoulders, repeat this twice,  
 then double arm circle outward to starting  
 position.....nine.....sixteen  
 Repeat right.....seventeen...thirty-two  
 Repeat left and right.....thirty-three...sixty-four

## PART VII.

## EXERCISE I:

Three-fourths arm circle left outward.....one  
 One and three-fourths arm circle left inward.....two.....three  
 Four-fourths hand circle left inward behind left shoulder.....four  
 Three-fourths arm circle left inward (to sidewise left).....five  
 One and seven-eighths arm circle left outward (to  
 obliquely sidewise upward).....six.....eight  
 Repeat right.....nine.....sixteen  
 Five-eighths double arm circle outward arms crossed  
 on level with shoulders.....seventeen  
 One and one-half double arm circle inward (sidewise  
 on a level with the shoulders).....eighteen...nineteen  
 Dip clubs on forearms.....twenty  
 Simultaneously one-fourth arm circle left and four-  
 fourths hand circle left outward in front of thighs  
 and two hand circle outward right behind the  
 right shoulder.....twenty-one...twenty-two  
 Repeat twenty-one—twenty-two, the right arm  
 executing the arm and hand circles, the left two  
 hand circle.....twenty-three...twenty-four  
 Double arm circle outward and double hand circle  
 outward in front of thigh.....twenty-five...twenty-six  
 One and one-half double arm circle outward, arms  
 upward and high front double hand  
 circle.....twenty-seven...twenty-eight  
 Two arm and hand circle outward (i. e. simultaneously  
 four-fourths arm circle left outward and hand  
 circle right outward behind right shoulder).....twenty-nine  
 Change to opposite.....thirty  
 Repeat once to starting position.....thirty-one...thirty-two  
 Repeat and bend arms to starting position.....thirty-three...sixty-four

## EXERCISE II:

One-half double arm circle to the left and double hand circle in front of thighs.....	one.....	two
One and one-half double arm circle to the left and double hand circle behind shoulders.....	three.....	four
Three-fourths double arm circle to the left (to position sidewise right).....	five	
Lunge left sidewise and dip clubs on forearm.....	six	
Replace left foot and double hand circle to the right in front of right arm.....	seven	
Double hand circle to the right behind right arm.....	eight	
Repeat right.....	nine.....	sixteen
Repeat three times.....	seventeen.....	sixty-four

## BREATHING EXERCISE:

Inhale and raise clubs sidewise up to oblique angle.....	six counts
Exhale and lower arms.....	six counts
Repeat several times	

## REMARKS:

Go through the lesson in parts without music. After the lesson is well taught then use the music. These exercises can always be used for exhibition.

## Clubs.

## PART I.—LESSON E.

## PRACTICE WORK:

- (a) Left arm circle outward with hand circle in rear of back.....one
- (b) Return to club position.....two.....halt  
Repeat all from.....one.....to.....32 counts  
Same right.....32 counts
- (a, b) Double arm circle outward with hand circle in rear of shoulders.....one.....two
- (a) Repeat all from.....one.....to.....32 counts

## PART II.

- (a) Left arm circle inward with
- (b) Hand circle inward behind shoulders.....one.....two
- (c) Repeat all from.....one.....to.....16 counts
- (d) Same right.....one.....to.....16 counts
- (e) Double arm circle inward with hand circle inward.....one.....two.....halt
- (f) Repeat all from.....one.....to.....16 counts

## PART III.

- (a) Double arm circle left with double hand circle left in rear of back.....one.....two.....halt  
Repeat all.....one.....to.....32 counts

## PART IV.

- (a) Double arm circle right with double hand circle right.....one.....two.....halt  
Repeat all.....one.....to.....32 counts

## PART V.

- (a) Raise arm forward.....one.....halt  
 (b) Horizontal hand circle to the left and move arm  
     left at the same movement.....two  
 (c) Return to position.....three.....four  
     Repeat all.....one.....to.....32 counts  
     Same right.....32 counts

## PART VI.

- (a) Raise arms forward.....one  
 (b) Double hand circle left.....two  
 (c, d) Return to arms and club position.....three.....four  
     Repeat all.....one.....to.....32 counts  
     Same right.....32 counts

## BREATHING EXERCISES:

- Inhale and raise arms forward with double hand  
     circle forward outward, at the same turn move  
     arm sidewise, head back.....six counts  
 Exhale, lower arms sidewise down.....one count  
 Repeat all several times.

## REMARKS:

Don't forget the time scheduled for this work.

## Clubs.

## LESSON F.—PART I.

## EXERCISE I:

Double hand, circle forward outside of forearms.....one.....two

## EXERCISE II:

Bend trunk and swing arms backward.....three

## EXERCISE III:

Straighten trunk and swing arms forward.....four

## EXERCISE IV:

Double horizontal, hand circle to left.....five.....six

## EXERCISES V AND VI:

Three-fourths double arm circle to the left and  
     double hand circle to the left behind shoulders...seven.....eight

## PART II.

## EXERCISES I AND II:

Three-fourths double arm circle to the left and one-fourth  
     turn right (arms forward).....one  
 Dip clubs on forearms.....two

## EXERCISE III:

Double hand circle forward outside of arms.....three

## EXERCISE IV:

Bend left knee, step position right backward and swing  
     arms backward.....four

## PART III.

## EXERCISE I:

Kneel right and dip clubs on forearms.....five

## EXERCISES II AND III:

Two-hand circle forward outside of forearms.....six

## EXERCISE IV:

Straighten knees, replace right foot and swing arms backward....seven

## EXERCISE V:

Swing arms forward and dip clubs on forearms.....eight

Face right and repeat same right.....eight

Repeat all.....sixteen

## BREATHING EXERCISES:

Bend trunk forward, arms back, inhale and swing arms upward.....six

Exhale, lower clubs.....six

Repeat several times.



# *Gymnasium*

## APPARATUS LESSONS FOR HIGH SCHOOL



### *First Year, Apparatus Gymnastics*

Exercises for dexterity, involving quick co-ordination and leading to skill and control. Cultivation of ease, movement, form, and grace, through sequential practice orders leading to definite gymnastic exercises. Springing exercises, as jumping and vaulting with special attention to execution and form, and to the avoidance of over-execution.

Games of alertness: Dancing calisthenics, to improve grace and ease of movements.



## GYMNASIUM WORK.

In high schools equipped with a gymnasium the pupils will take up the following lessons according to schedule time.

In mass work form the class into a column of ranks according to the number of apparatus at hand. (If you have four pieces of apparatus of a kind then have ranks of fours; if six pieces of apparatus then have ranks of six, etc.)

Special class work. Then divide the class into squads of eight or ten to a class and send them orderly to their various apparatus.

### Program of the Apparatus Work.

#### Low Horizontal Bar (Four Feet High).

##### LESSON ONE:

- (a) The first line of boys advance forward to the bars in front stand, (upper grip) on bar (knuckles upward).....one.....halt
  - (b) Drop into left knee hand and swing up to left knee support, body erect, legs and toes tense.....two.....halt
  - (c) Knee circle backward (hold tight with both hands and left knee and throw the weight of the body backward once around).....three.....halt
  - (d) Repeat exercise (c).....four.....halt
  - (e) Swing left leg over backward to free arm support.....five.....halt
  - (f) Vault off backward to front stand in fundamental position.....six.....halt
  - (g) Exchange places with the next pupil in an orderly manner.....seven.....eight
- Pupils continue to repeat same until all pupils had a turn.  
Repeat same right.

##### REMARKS:

Perhaps two or more can work upon an apparatus at the same time, as a time saver.

##### LESSON TWO.

Low Horizontal Bar. (Double leg wheel backward. The first pupils march forward. (Upper grip.)

- (a) Jump to free arm support and swing left leg over to support.....one.....halt
- (b) Circle right leg over to sitting position, body erect (hold tight).....two.....halt
- (c) Swing and circle the weight of the body backward. Head back, once around to sitting position.....three.....halt
- (d) Repeat exercise (c).....four.....halt

- (e) Body erect and vault off forward to rear stand in fundamental position.....five.....six.....halt
- (f) Exchange places with the next pupil in an orderly way.....seven.....eight.....halt
- Continue until all pupils had a turn. Then repeat same forward.

## LESSON THREE:

- (a) Jump up to free arm support.....one.....halt
- (b) Circle left leg over bar to left knee support, change left hand to the outside of left leg, body erect.....two.....halt
- (c) Circle right leg over bar, and dismount with a one-fourth turn left, to keep knee bending, left hand upon bar, straighten leg to fundamental position.....three.....four.....halt
- Exchange with the next pupil in an orderly way.
- Repeat same right.

## LESSON FOUR:

- (a) Spring and vault left over bar to rear stand in fundamental position.....one.....two.....three.....four
- (b) Repeat same right.

## LESSON FIVE:

- (a) Front pull up to free arms support.....one.....halt
- (b) Dismount vault left over bar with a one-fourth turn left to deep knee position, left hand upon bar.....two.....halt
- (c) Straighten leg in fundamental position.....three.....halt
- (d) Exchange places and next pupil.....four.....halt
- Continue until all pupils had a turn.
- Repeat same right.

## REMARKS:

Front pull up.

(Upper grip.) Pull and bring feet and legs forward upward and over the bar to free arm support.

## LESSON SIX:

- (a) (Double arm muscle wheel.) Both arms over bar, elbows bent, hands upon the chest, head up and hang.....position
- (b) Swing body and legs forward.....one
- (c) Backward.....two
- (d) Forward.....three
- (e) Circle swing backward twice over bar.....four.....five.....six.....halt
- (f) Drop off to rear stand.....seven.....eight.....halt
- Exchange places with next pupil.
- Repeat same forward.

## LESSON SEVEN:

Free Circle Wheel.

- (a) Jump to free support.....one.....halt
- (b) Free circle wheel forward, body clear from bar.....two.....halt
- (c) Under swing to rear stand.....three.....four.....halt
- Continue until all pupils had a turn.
- Repeat same backward.

## LESSON EIGHT:

Rear Pull Up (Skin the cat).

- (a) (Upper grip) In hang, squat between the arms  
to double knee hang on bar.....one.....halt
- (b) Straighten body, extend legs, head back, pull  
up backward until the bar comes to the  
lumbar region of the back.....two.....halt
- (c) Pull up to sitting position.....three.....halt
- (d) Dismount forward to rear stand.....four.....halt

Continue until all pupils had a turn.

Practice the kipp.

- (a) (Upper grip.)

The legs are swung forward and upward by bending the hips,  
then suddenly forward and upward by bending the hips,  
then suddenly down again which gives the upward im-  
pulse to the body to free arm support.

## REMARKS:

Practice makes perfect. This kipp cannot be taught as other lessons.  
It requires practice.

## Horizontal Bar (Height of Head).

## LESSON ONE:

Horizontal Bar (Height of head).

- (a) Jump and left leg knee swing upward to left  
knee support.....one.....halt
- (b) Circle left leg backward over bar to free arm  
support, etc.....two.....halt
- (c) Under swing to rear stand.....three.....halt
- (d) Fundamental position.....four

Same right.

## LESSON TWO.

- (a) Jump and front pull up to free support.....one
- (b) Circle wheel forward.....two
- (c) Return to free arm support.....three
- (d) Under-swing to rear stand.....four

Continue until all have had a turn.

Repeat all but circle backward.

## LESSON THREE:

- (a and b) Jump and squat through between the  
arms and rear pull up (skin the cat) to  
sitting position.....one.....two
- (c) Double sitting well backward, to setting  
position.....three.....halt
- (d) Dismount forward to rear stand.....four.....halt

Continue until all pupils have had a turn.

Repeat same with double sitting wheel forward.

## LESSON FOUR:

- (a) Jump and left leg over bar to sitting position  
on left leg.....one.....halt
- (b) Change hands and arms with hooking double  
arms lock under bar and interlacing  
fingers over left knee (hold tight).....two.....halt

- (c) Circle monkey wheel forward.....three.....halt
  - (d) Grasp bar, erect body position.....four.....halt
  - (e) Return left leg backward to free arm support.....five
  - (f) Under swing to rear stand.....six
- Exchange places with next pupil and continue until all had a turn. Repeat same right.

#### LESSON FIVE:

As lesson four, but monkey wheel left backward.  
Same right.

#### LESSON SIX:

Double monkey wheel.

- (a) Jump and swing over left knee up to sitting position.....one.....halt
  - (b) Circle right leg over bar to sitting position, and double arm back under bar and interlace finger over both knees. Knees together.....two.....halt
  - (c) Double monkey wheel forward to sitting position.....three.....halt
  - (d) Change hands and dismount forward.....four.....halt
- Continue until all pupils had a turn.  
Repeat same but wheel backward.

#### LESSON SEVEN:

Devil wheel.

- (a) Jump and front pull up to free support.....one.....halt
  - (b) Circle left leg over bar and one-fourth turn right, cross legs tight, grasp both hands in front (upper grip), body erect, head up.....two.....halt
  - (c) Circle left sidewise, once around to position.....three.....halt
  - (d) One-fourth turn in left leg support.....four.....halt
  - (e) Circle right leg over to sitting position.....five.....halt
  - (f) Dismount forward to rear stand.....six
  - (g) March off.....seven.....eight
- Continue until all had a turn.  
Repeat all but devil circle right.

#### LESSON EIGHT:

- (a) (Under grip) (Knuckles down) Front pull up to free arm support.....one
  - (b) (Change grip) Drop backward and swing left leg in between arms to left knee hang and swing upward to left leg support.....two
  - (c) Fall backward, left leg through between arms and under swing to rear stand.....three.....four
- Continue until all pupils had a chance.  
Repeat same right.  
Practice the kipp.
- (a) The legs are swung forward and upward by bending the hips, then suddenly forward and upward by bending the hips. then suddenly down again which gives the upward impulse to the body to free arm support.

**High Horizontal Bar (Reach Height, Jump).** (Upper grip).**LESSON ONE:**

- (a) Reach height, jump into hang.....one.....halt
  - (b) Swing forward, backward.....two.....three.halt
  - (c) On the next forward swing up into left knee hand
  - (d) and swing up to knee support.....four.....halt
  - (e) Circle left leg backward to free arm support.....five
  - (f) Under swing to rear stand.....six
  - (g) Fundamental position.....seven.....eight
- Continue until all pupils had a turn.  
Repeat same right.

**LESSON TWO:**

- (a) Jump into hand and swing forward and backward.....one.....halt
  - (b) Swing forward, into left knee hang, between arms and hands.....two.....halt
  - (c) Swing up to left leg support.....three
  - (d) Left leg wheel forward.....three times
  - (e) Circle left leg backward to free support.....five
  - (f) Under swing to rear stand.....six
  - (g) March off.....seven.....eight
- Continue until all pupils had a trial.  
Same right.

**LESSON THREE:**

Monkey Wheel left.

- (a) Jump and swing upward with left knee into left knee support.....one.....halt
  - (b) Monkey wheel left forward, three times (see exercise 4 on low bar, head height, lesson four).....one.....two.....three.....halt
  - (c) Change hands (body erect) swing right leg to sitting position.....four.....halt
  - (d) Dismount forward to rear stand.....six.....halt
  - (e) March off.....seven.....eight
- Repeat same right.

**LESSON FOUR:**

Double Monkey Wheel.

- (a) Jump and swing up with left leg.....one.....halt
  - (b) Circle right leg over to sitting position.....two.....halt
  - (c) Double monkey wheel forward (see lesson six on low bar head, head height).....three times
  - (d) Dismount forward to rear stand.....four
- Continue until all pupils had a turn.  
Repeat all but double monkey wheel backward.

**LESSON FIVE:**

Front Pull Up.

- (a) Jump and swing front pull up to free arm support.....one.....halt
  - (b) Circle wheel feet forward (body) following.....two times
  - (c) Under swing to rear stand.....four
- Repeat all but body circle wheel head forward.....twice

## LESSON SIX:

- Practice kipp until perfect.

- (a) Cipp.—Jump into hand hang and swing back and forward and upward by bending the hips, then suddenly forward and upward by bending the hips, then suddenly down again, which gives the upward impulse to the body to free arm support.

Kipp.—The legs are swung forward and upward by bending the hips, then suddenly forward and upward by bending the hips, then suddenly down again which gives the upward impulse to the body.

## Low Parallel Bar.

(Shoulder height.) (Advanced pupils head height.)

## LESSON ONE:

- (a) Inside side stand, hands in ordinary grasp on the front (farther) bar, jump up to support.....one.....halt  
 (b) Circle left leg left (backward) to front leaning rest on the rear bar.....two.....halt  
 (c) Circle right leg right (backward) to meet the left leg.....three.....halt  
 (d) Dismount backward, to front side stand.....four.....halt  
 Continue in orderly manner until all pupils had a turn.

## LESSON TWO:

- (a) Circle right leg to left (cut backward under left leg) to front leaning rest on rear bar.....one.....halt  
 (b) Circle left leg right (cut backward under right leg) and close to the right.....two.....halt  
 (c, d) Dismount backward to cross front stand.....three.....four  
 Continue until all had a turn.

## LESSON THREE:

- (a) Raise both legs sidewise left, circle legs to right to riding seat on both bars with  $2\frac{1}{4}$  turn right.....one.....two  
 (b) Change grasp of right hand to reverse and screw dismount, turn with three-fourths turn right to side stand left.....three.....four  
 Continue until all pupils had a turn.

## LESSON FOUR:

- (a) Flank vault swing backward to front leaning rest, place right foot on farther bar (knee extended).....one.....two  
 (b) Dismount forward.....three.....four  
 Continue until all pupils had a turn.

## LESSON FIVE:

- (a) As lesson four but blank vault dismount right over both bars.

## LESSON SIX:

- (a) Squat seat on rear bar.....one.....halt  
 (b) Stand erect and immediately dismount over farther bar to back side stand.....

## LESSON SEVEN:

All exercises free for all.



**Parallel Bars.**

(For advanced pupils.) (High bars.) Reach height.

**LESSON ONE:**

Form ranks—First pupils advance forward to front stand at end of parallel bars and place hands upon the end of bars.

- (a) Jump up into free arm support, body erect, legs and toes tense, head up.....one.....halt
  - (b) Swing legs forward to straddle position over the two bars, body erect, leg and toes tense, hand in rear.....two.....halt
  - (c) Dismount left, into deep knee bending, right hand upon the left bar.....three.....halt
  - (d) Straighten the body in fundamental position....four.....halt
- Continue until all had a turn.

**LESSON TWO:**

Repeat same right.

**LESSON THREE:**

- (a) Jump into free arm support, body erect, legs extended, toes downward.....one.....halt
- (b) Swing into straddle position, hands in rear, raise legs and swing backward and forward and vault over left bar with a one-half turn left, into deep knee bending, left hand upon left bar.....two.....halt

**LESSON FOUR:**

- (a) Jump into free arm support, body erect, legs extended, toes tense.....one.....halt
  - (b) Swing into straddle sitting position, hands in rear.....two.....halt
  - (c) Swing legs, backward and forward over left bar, with a one-half turn left to deep knee bending, left hand upon left bar.....three.....halt
  - (d) Straighten legs, fundamental position.....four.....halt
- Continue until all pupils had a turn.

**LESSON FIVE:**

Repeat all same right.

- (a) Repeat all four lessons.....one...two...three...four  
(But instead of grasping hands in rear and raising legs with swinging backward and forward over bar). Place hand in front on each bar and immediately swing forward between bars and over bar with turns.

**LESSON SEVEN:**

- (a) Jump to free arm support.....one.....halt
- (b) Swing and to straddle position on both bars.....two.....halt
- (c) Roll forward, grasp bars close in front, bend body forward, raise legs upward over to straddle position on the two bars. On landing safe, immediately let go hands, sit up, body erect, legs and toes tense.....three.....halt

- (d) Place hand in front and grasp the bars, swing inward and over left bar to side stand right.....four.....halt

## LESSON EIGHT:

Repeat same exercise right to side stand left.

## LESSON NINE:

- (a) Jump up to free arm support and swing forward to straddle position.....one.....halt  
 (b) Grasp bars in front, and roll up to shoulder stand, body, legs and toes tense.....two.....halt  
 (c) Double up. Bend legs at hips to right angle and continue to roll to straddling position, sit straight.....three.....halt  
 (d) Grasp hand in front on bars and swing inward with one-half turn outward to bend knees, left hand on left bar and straighten to fundamental position.....four  
 Continue until all pupils had a turn.

## LESSON TEN:

Repeat all same right.

**Side Horse.**

(Hip height.)

## LESSON ONE:

Class in rank formation.

- (a) First pupil advance forward to front stand. Hands upon pummels and vault left over neck of horse to rear stand.....one.....two.....halt  
 Continue until all pupils had a turn.

## LESSON TWO:

Repeat same right.

## LESSON THREE:

- (a) Jump to free arm support.....one.....halt  
 (b) Swing and vault left and turn left to a side stand left. (Always finish with knee slightly bent and straighten to fundamental position).....two.....halt  
 Continue until all pupils had a turn.

## LESSON FOUR:

Repeat same right.

## LESSON FIVE:

In rank formations.

- (a) First pupil advance forward to front stand. Hands upon pommels. Jump to free arm support, arms extended.....one.....halt  
 (b) Circle left leg over left pommel to straddle position forward, face to the front, and quickly change and grasp left pommel.....two.....halt  
 (c) Cut and circle right leg over right pommel to side stand left, left hand on left pommel....three.....halt

- (d) In landing on feet slightly bent knees and  
straighten to position.....four.....halt  
Continue next pupil forward to apparatus until all have had  
a turn.

LESSON SIX:

Repeat same right.

LESSON SEVEN:

- (a) Jump to free arm support and circle left leg  
inward forward over left pommel to  
straddle position between pommels.....one.....halt  
(b) Circle right leg inward forward over right  
pommel to rear free arm support.....two.....halt  
(c) Squat backward to front stand.....three.....halt  
(d) Squat forward to rear stand.....four.....halt  
Continue until all pupils had a turn.

LESSON EIGHT:

Repeat same right.

LESSON NINE:

- (a) Jump upon neck, into straddling sitting position,  
facing left, legs tense.....one.....halt  
(b) Grasp pommel and scissors backward (swing  
legs backward and cross legs, right or left  
leg under with one-half turn, to straddle  
position in the opposite direction).....two.....halt  
(c) Repeat Exercise (b), but with hands on neck of  
horse and scissors.....three.....halt  
(d) Grasp pommel, swing and dismount backward  
to cross front stand.....four.....halt  
Continue until last pupil had a turn.

LESSON TEN:

Repeat all but scissors forward into sitting position.

REMARK:

Scissors forward.

- (a) Grasp hands in rear on pommel, swing legs forward and cross  
legs immediately with a one-half turn left or right.  
(b) Hands in rear and swing legs forward and cross legs im-  
mediately with a one-half turn, left or right.

Long Horse—Hip Height.

LESSON ONE:

Horse lengthwise.

- (a) Jump to free arm support on rear of horse.....one  
(b) Jump down to front stand.....two  
(c) Jump forward hands upon horse, to straddle sitting  
position.....three  
(d) Place hands in front and swing, dismount left to side  
stand right, facing forward.....four  
Continue until all have had a turn.

LESSON TWO:

- (a) In front stand run and jump vault left, with a one-half  
turn left facing the side of horse.....one

- (b) Side vault right to rear side stand.....two  
Next continue same.

## LESSON THREE:

Repeat same right.

## LESSON FOUR:

- (a) Run and jump to straddle position.....one.....halt  
(b) Swing legs backward to lying support, body  
straight and legs extended, head up.....two.....halt  
(c) Stand up erect on horse.....three.....halt  
(d) Straddle dismount forward to rear stand.....four.....halt  
Continue until all had a turn.

## LESSON FIVE:

Repeat same right.

## LESSON SIX:

- (a) Run and jump into saddle space to straddling  
position.....one.....halt  
(b) Scissors backward.....two.....halt  
(c) Scissors backward.....three.....halt  
(d) Dismount left with a one-half turn left, facing  
to the class inside, stand right.....four.....halt  
Continue until all pupils had a turn.

## LESSON SEVEN:

Repeat same right.

## LESSON EIGHT:

- (a) Run and straddle vault to center of horse.....one  
(b) Swing up to lying support, arms extended, legs  
and body extended free from horse, head up.....two  
(c) Straddle forward and dismount to rear stand.....three.....four  
Continue until all pupils had a turn.

## LESSON NINE:

Repeat same right.

## LESSON TEN:

Same as lesson eight but jump as far as the neck into straddle position.

## LESSON ELEVEN:

Run and straddle vault over horse to rear stand.  
Continue until all pupils had a turn.

**Buck (Broad).**

## LESSON ONE:

A short run precedes all movements.

- (a) Jump to knee stand; dismount forward without  
the aid of the arms; body erect.....one.....halt  
Dismount.....two.....halt  
Next run.

## LESSON TWO:

- (a) As lesson one with dismounting forward with one-fourth turn,  
one-half turn left and right respectively.  
Continue until all pupils had a turn.

LESSON THREE:

- (a) Jump to squat rest, stand erect, dismount forward, with raising arms forward over head in the flight to rear cross stand.  
Continue until all pupils in the class had a turn.

LESSON FOUR:

- (a) Squat vault forward, but between the arms only momentarily and knee raised high, the legs to extend again downward; the moment the feet clear the buck to rear stand.....one.....two  
Continue until all had a turn.

LESSON FIVE:

- (a) As lesson four with one-fourth and one-half turns left and right respectively.  
Continue until all pupils had a turn.

LESSON SIX:

- (a) Squat vault forward to rear rest.....one.....halt  
(b) One-half circle left with left leg backward.....two.....halt  
(c) One-half circle right with right leg backward  
and down to front stand.....three  
(d) Straddle vault forward to rear stand.....four.....halt  
Continue until all pupils had a turn.

LESSON SEVEN:

- (a) Squat vault forward to rear rest.....one.....halt  
(b) One-half circle left with leg backward, to cross  
rest.....two.....halt  
(c) Scissors sidewise left and continue the circle of right leg to rear  
rest; raise both legs forward and dismount.....

LESSON EIGHT:

Repeat same opposite.

LESSON NINE:

An exercise free for all.  
Continue until all pupils in class had a turn.

**Buck—Long—Hip Height.**

(For advanced pupils, shoulder height).

LESSON ONE:

- (a) Run and place hands upon buck and straddle,  
jump forward over buck to a rear stand in  
fundamental position.....one.....halt

REMARKS:

On finishing jumps, always land upon toes, knee slightly bent, and straighten legs.

LESSON TWO:

- (a) Run and place hands upon buck and straddle  
jump forward over buck, left face, into  
side stand left.....one.....two  
Repeat Exercise (a) with one-fourth turn right.  
Repeat Exercise (a) with one-half turn left to front stand.  
Repeat Exercise (a) with one-half turn to front.

## LESSON THREE:

Bucks.

- (a) Run and jump to squat position.....one.....halt  
 (b) Straighten legs and body erect.....two.....halt  
 (c) Jump forward with one-half turn left and clap  
     hands.....three.....halt  
 (d) Hands upon buck, knees slightly bent, straighten  
     body to fundamental position.....four.....halt

Continue until all had a turn.

Repeat lesson three with one-fourth turn left.

Repeat lesson three with one-fourth turn right.

Repeat lesson three with one-half turn left.

Repeat lesson three with one-half turn right.

## LESSON FOUR:

- (a) March to front stand and place both hands  
     upon buck.....one.....halt  
 (b) Vault to the left to side stand left.....two.....halt  
 March back to place and the next follow to place and continue  
 to command.  
 Repeat same right.

## LESSON FIVE:

- (a) Run and vault left with one-fourth turn left.....one.....halt  
 To side front stand.....two.....halt  
 Continue until they all had a turn.  
 (b) Repeat same right, etc.

## LESSON SIX:

- (a) Run and vault left with one-half turn left.....one.....halt  
 Hands upon buck, knees slightly bent, straighten  
 legs, in fundamental position front rear stand.....two.....halt  
 Continue until all pupils had their turn.

## LESSON SEVEN:

- (a) Run and jump to straddle position.....one.....halt  
 (b) Swing legs backward, hands in front on horse,  
     to lying support. (Body straight, legs ex-  
     tended, resting upon rear of buck, body and  
     legs free from apparatus; head up).....two.....halt  
 (c) Cross cut left under right leg, one-half turn  
     right backward to straddle position.....three.....halt  
 (d) Repeat Exercises (b) and (c).....four.....five.....halt  
 (e) Hands in front on buck and swing up to standing  
     position upon feet, fundamental position.....six.....halt  
 (f) Straddle dismount forward.....seven.....halt  
 (g) Bend knees slightly, arms forward and into fun-  
     damental position.....eight.....halt  
 Continue until all pupils had a turn.

## LESSON EIGHT:

- (a) Run and jump into straddle position.....one.....halt  
 (b) Hands in front, swing legs backward and scissors  
     backward.....two.....halt  
 (c) Repeat Exercise (b).....three.....halt  
 (d) Swing legs backward and straddle dismount  
     forward to rear stand.....four.....halt  
 Continue until all pupils had a turn.

## LESSON NINE:

- (a) Run and jump to straddle position.....one.....halt  
 (b) Scissors forward (hands in rear on buck, swing  
 legs forward and cross cut right, leg under  
 left leg with a one-half turn to straddle  
 position).....two.....halt  
 (c) Repeat Exercise (b).....three.....halt  
 (d) Hands in front and dismount backward to front  
 stand.....four.....halt  
 Continue until all pupils had a turn.

## REMARKS:

Always have reliable leaders on watch for each buck.

## Giant Stride.

Class formation and marching order. If eight ropes to a Giant Circle.

Then form eight files; if six ropes, then form six files, five or more deep. Pupils approach the apparatus in successive order, beginning at the right flank of each file, and resume places in line by passing rear of files.

Marching, hopping and running: (Pupils face center plate, grasping vertical sides of rope ladders or rounds [with both hands] shoulder height.) The ladder is down taut, body leaning backward.

## LESSON ONE:

- (a) March sidewise left (right) close feet with each step.....  
 circle once around.

## LESSON TWO:

- (a) Same with gliding (bending standing-leg) with each step.

## LESSON THREE:

- (a) Same with cross step in front, rear and alternately in front and rear.

## LESSON FOUR:

- (a) Same with gallop step sidewise (circle left).  
 Same with gallop step sidewise (circle right).  
 Continue until all the pupils in the class had a turn.

## LESSON FIVE:

- (a) Same as lesson four with striking heels together.....  
 Once around left.  
 Repeat same right.

## LESSON SIX:

Place right leg over second round from the bottom. Lean outward right hand on top around, left hand on second round.

- (a) Run three steps forward to the left.....one.....two.....three  
 (b) Spring up into the air.....one.....two.....six  
 Repeat several times.

## LESSON SEVEN:

Repeat Lesson Six same right, around the circle several times.  
 Continue until all pupils had a trial.

## LESSON EIGHT:

- (a) Grasp high rope round in right hand the opposite rope round in left, forming a large circle of six or more pupils to the giant circle.....one.....halt
- (b) Run backward left and swing legs backward into flying position, hold tight, head up.....two.....halt

## REMARKS:

When any pupil gets tired it is for him to place his feet flat upon the floor and stop. Don't let go of the ropes or rounds.  
Continue until all had a turn.

## LESSON NINE:

- (a) Repeat lesson eight to the right, left leg over second round from bottom, run.  
Be very careful and don't lose your hold.

## LESSON TEN:

- (a) Run forward left with (vigorously pushing off with each foot alternately to increase length of step.)  
Same exercise right.

## LESSON ELEVEN:

- (a) Same as lesson ten with legs perfectly straight—giant stride.

## LESSON TWELVE:

Repeat same lesson right. Continue until all pupils have had their turn.

**Balancing Blanks.**

Four to eight balancing blanks, placed next to each other (about shoulder width apart.) Class has as many pupils to each rank as boards on hand. Exercise can be executed in linked order, or otherwise in close order at half or full distance.

In linking, pupils grasp hands with arms bent or extended.

Arms cross over and under next pupil's arms, front or rear with one or both hands on next shoulder, etc.

Starting position is taken by placing the left or right foot on plank end.

## LESSON ONE:

- (Grasp neighbor hands outside pupils, one hand on hip.....place)
- (a) March forward (slow rhythm-erect, head and chest up) skip off plank end.  
Continue until all ranks have marched over to farther end.  
Form opposite class.....facing-about.
- (b) Repeat same backward.  
Class about face.

## LESSON TWO:

- (a) Same as Lesson One, but with gliding forward (swinging legs forward along side of planks) at the end of plank skip off.  
All ranks continue the same.
- (b) About face and return to opposite end.

## LESSON THREE:

- (a) As lesson one march sidewise left to opposite end. Hands upon front neighbor's shoulder.
- (b) Return back sidewise right.



## LESSON FOUR:

- (a) Gallop-step forward left.  
Return gallop-step forward right.  
Gallop-step left and right alternately forward.  
Return gallop-step, left and right alternately forward.  
Continue until all had a turn.

## LESSON FIVE:

- (a) Change step forward (join hands shoulder height, elbows bent.)
- (b) About face, return with change step.

## LESSON SIX:

- (a) Change step backward.
- (b) About face, change step backward.

## LESSON SEVEN:

- About face.
- (a) Change step sidewise left.
- (b) About face and return.

## LESSON EIGHT:

- (a) Change, hopping, step same.
- (b) Return same.

## LESSON NINE:

Three first ranks march forward between the balancing planks, body-length distance.

The first rank at the father end.

The second rank in the center.

- (a) Place hands upon the balancing planks.....one.....halt
  - (b) Stretch legs backward to front lying support.....two.....halt
  - (c) Return to squat position.....three.....halt
  - (d) Return to fundamental position.....four.....halt
- Repeat three times.

Continue until all have had a turn.

## LESSON TEN:

About face.

- (a) Hop cross balancing planks.
- (b) Continue until all had a turn.  
March off.

## Storm Boards.

## APPARATUS:

Four slant boards, high ends resting on adjustable horizontal bars. Height from two to five feet. Boards are from eight to ten feet long and about two feet wide. Strong iron hooks are fastened under the edges of the boards for bar adjustment. Hooks as well as lower edges of board should be leather or rubber covered. Four mats, place lengthwise on the off side of the boards.

## CLASS FORMATION:

Form Four files of pupils in front order (pupils next each other) at a distance from the boards, facing the starting boards.

**MARCHING OR RUNNING ORDER:**

Pupils leave farthest end of files to take position on the starting places and resume place at end of line without interfering or crossing runner's path.

Instructions: Command.....next.....run.....etc.

**LESSON ONE:**

- (a) Walk up and down the board, turning about right or left on high edge without stopping.

Repeat.

**LESSON TWO:**

Same as lesson one with running up and down.

**LESSON THREE:**

- (a) Run and skip left to deep knee bending position  
center of board.....one.....halt
- (b) Stretch and skip sidewise left to side stand  
right.....two.....halt
- Next pupil run.

Continue until all pupils had a turn.

**LESSON FOUR:**

- (a) Repeat lesson three and finish to side stand left.  
Continue until all had a turn.

**REMARKS:**

In bending knees to squat, place hands on the outside of running board.

**LESSON FIVE:**

- (a) Run and skip left with a quarter turn left to deep knee bending position in center of board, hands hold on edge of boards  
squat position.....one
- (b) Straighten and skip forward to rear standing position.  
Continue until all pupils in class had a turn.

**LESSON SEVEN:**

Jumping (both feet leave the board simultaneously.)

- (a) Run to jump off highest edge of board.....one.....halt
- (b) Swing arms forward, upward.....two.....halt
- Continue until all pupils had a turn.

**LESSON EIGHT:**

- (a) As Lesson Seven, jump off with swing arms sidewise upward, landing with slight knee bending.  
All pupils repeat same.

**LESSON NINE:**

(Place jumping standard on off side of boards; place jumping rope on the high level of the board or two feet higher than the edge of the board.)

- (a) Skip or jump forward, increasing height with each repetition; ditto, distance between standards and board. All leg and arm exercises, with one-fourth turns, one-half turns, and three-quarters facing. Increase height and distance simultaneously.

**LESSON TEN:**

Increase the height of the rope.  
Continue until all pupils had a turn.

## Vertical Ladder (Front Stand).

## LESSON ONE:

(Upper grip.)

- (a) Travel upward and downward, the left foot and left hand moving and grasping simultaneously, and vice versa.  
Continue until all pupils had a turn.

## LESSON TWO:

- (a) As Lesson One, with skipping every other round.  
Continue until all pupils had a turn.

## LESSON THREE:

- (a) As Lesson One, but alternate by jumping upward and moving both feet and both hands.  
Continue until all pupils had a turn.

## LESSON FOUR:

- (a) Run up and down ladder.  
Continue for all.

## LESSON FIVE:

- (a) Walk up to the height of the eighth round.....one.....halt  
(b) Hold tight with hand about reach height,  
right foot on lower round, and swing out-  
ward to left stride position, left leg and  
body tense, left arm sidewise.....two.....halt  
(c) Hold position.....three.....halt  
(d) Close in to first position.....four.....halt  
(e) Repeat Exercise (b).....five.....halt  
(f) Return to ladder.....six.....halt  
(g) Downward to floor.....seven.....eight  
Continue until all had a turn.

## LESSON SIX:

- (a) Repeat lesson five, but swing sidewise outward right.  
Continue until all pupils had a turn.

## LESSON SEVEN:

- (a) Walk up the ladder to the height of the 10th  
round.....one.....halt  
(b) Turn around carefully (under grip) rear hand-  
hang, body and arms tense.....two.....halt  
(c) Raise left knee to right angle.....three.....halt  
(d) Lower left leg.....four.....halt  
(e) Repeat same right as Exercise (c).....five.....halt  
(f) Repeat Exercise (d).....six.....halt  
(g) Stand on lower round, change grip down to side  
of ladder.....seven.....halt  
(h) Jump down, landing to fundamental position.....eight.....halt

## LESSON EIGHT:

- (a) Walk up to the 10th round of ladder.  
(b) Turn and in rear hand hang.  
(c) Raise both knees to right angle.....one.....halt  
(d) Lower to hang.....two.....halt  
(e) Raise both knees.....three.....halt

- (f) Lower to hang.....four.....halt
  - (g) Repeat Exercises (c), (d), (e), (f).....four counts
  - (h) To stand, lower arms to side of ladder, jump  
down to deep knee bending, arms forward.....four counts
- Continue until all had a turn.

## LESSON NINE:

- (a) Walk up backward until the 10th round, into  
rear hand hang.
  - (b) Raise both legs forward, extended to right  
angle.....one.....halt
  - (c) Lower.....two.....halt
  - (d) Repeat Exercises (b) and (c) several times.
  - (e) Lower to stand and jump forward with a whole  
turn left or right.....three
  - (f) Landing upon toes, to slight knee bending, arms  
forward and straighten to fundamental po-  
sition.....four
- Continue until all pupils had a turn.

**Oblique Ladder (Under Side).**

## LESSON ONE:

Jump to front hangstand (feet on lower round and hands in outside grasp on beams).

- (a) Travel upward and downward, the left foot and left hand moving simultaneously, and vice versa, up to the farther end of ladder.

Continue until all pupils in class had their turn.

## LESSON TWO:

- (a) As Lesson One, but with inside grasp on beams up to far end and return.

Continue until all had a turn.

## LESSON THREE:

- (a) As Lesson One, but alternate by moving both feet and both hands up to farther end of ladder and return.

All pupils repeat the same exercise.

## LESSON FOUR:

- (a) As the third lesson, but carefully move both feet and hands simultaneously.

Continue until all pupils had a turn.

## LESSON FIVE:

Jump to crosshang (arms slightly bent).

- (a) Travel upward and downward with legs spread wide sidewise.
- Continue as same.

## LESSON SIX:

- (a) Travel upward and downward, moving hands simultaneously.
- Continue same for all pupils.

## LESSON SEVEN:

- (a) As Lesson Five with swinging (legs held together).
- Continue until all pupils had a turn.

**LESSON EIGHT:**

In rear crosshang.

- (a) Travel upward and downward.

Continue until all pupils had a turn.

**LESSON NINE:**

- (a) As lesson eight with swinging sidewise.

Continue until all pupils had their turn.

**REMARKS:**

Always have leaders when necessary to help and watch to avoid unnecessary accidents.

**High Horizontal Ladder. In front Sidehang (Upper Grip).****REMARKS:**

A pupil on each beam or ladder if preferred.

**LESSON ONE:**

- (a) Travel left sidewise with lower legs raised backward to farther end, and down.

Continue until all pupils in class had a turn.

**LESSON TWO:**

Travel left sidewise with knee raised forward to right angles to farther end and down.

Continue until all pupils in class had a turn.

**LESSON THREE:**

- (a) Travel left sidewise and when the right hand advances, cross the arm over left, to father end of ladder.

Continue until all pupils in class had a turn.

**LESSON FOUR:**

In rear sidehang (under grip, bent elbows).

- (a) Travel left sidewise and cross right arm over left as in lesson three.

Continue until all pupils in class had a turn.

**LESSON FIVE:**

In crosshang, hands on outside beams.

- (a) Travel forward, advancing left and right alternately to farther end.

Continue until all pupils had a chance.

**LESSON SIX:**

- (a) As lesson five, but travel backward to farther end of ladder.

Continue until all pupils had a turn.

**LESSON SEVEN:**

- (a) As lesson five and raise left leg forward when the left hand advances and vice versa.

Continue until all pupils in class had a turn.

**LESSON EIGHT:**

In front sidehang (upper grip).

- (a) Raise knees upward, circle left leg under ladder, then over left leg outside knee hang left.....halt

- (b) One-fourth knee circle forward to rest.....two.....halt

- (c) Circle right leg forward.....three.....halt
- (d) Then lift left leg over to far beam.....four.....halt
- (e) Lower backward in double knee hand on rear  
beam (upper grip).....five.....halt
- (f) Slowly turn over to an inverted hang.....six.....halt
- (g) Jump down to fundamental position.....seven.....eight

**REMARKS:**

Continue until all pupils had a turn. Two pupils on each side beam may take part. Always have reliable leaders on watch, for each pupil at the apparatus to avoid any accidents.

**Climbing—Poles and Ropes (One).****LESSON ONE:**

- (a) Grasp pole reach-height, jump into bend arm  
hand, raise both legs upward on left arm  
side of pole, right angles.....one.....two
- Then lower legs and cross legs around the pole  
in climbing position, left leg and foot over  
front of pole, right leg and foot in rear of  
pole in climbing position.....three.....four
- Repeat same opposite side.....five.....eight
- Continue until all pupils had a turn.

**LESSON TWO:**

- (a) Jump up to climbing position.....one.....halt
- (b) Down two.....two.....halt
- Repeat three times.

**LESSON THREE:**

- (a) Run forward, jump up to climbing position, swing backward  
and down. (Hold to the pole.)
- Repeat twice.

**LESSON FOUR:**

- (a) Run forward, jump up to bend arm hang, elbows  
bent, hold tight, raise lower legs, feet and  
legs together while swinging backward.....one.....two
- (b) Swing forward.....three
- (c) On the backward swing down.....four
- Repeat twice.

**LESSON FIVE:**

- Stand with pole under left arm, hands reversed on a level with the  
upper part of the thighs, the body slightly bent forward.
- Continue until all pupils had a turn.
- (a) Raise both legs backward as high as possible; lower and repeat.  
Same opposite.
- Continue until all pupils in class had a turn.

**LESSON SIX:**

- (a) Same as lesson five and spread legs wide sidewise after they  
have been raise backward.
- Repeat twice.
- Continue until all pupils in class had a turn.

## LESSON SEVEN:

- (a) Without swinging, jump to climbing position and climb to upper end if possible. Carefully slide down, hand after hand.

Continue until all pupils in class had a turn.

## LESSON EIGHT:

- (a) Run forward, jump into climbing position and climb to top.  
(b) Carefully slide down, hand under hand to position.

## Poles (Girls).

## LESSON ONE:

- (a) Place the left lower leg against the pole and grasp the pole with the left hand a little higher than the head.....one

Jump up, place the right lower leg in front to climbing position and grasp pole with right hand close above the head.....two

Down.....three.....four

## LESSON TWO:

- (a) Jump up to climbing position.....one  
(b) Down.....two  
Repeat.

## LESSON THREE:

Walk backward with pole.

- (a) Run forward and jump up into climbing position, swing back and downward while swinging backward.  
Repeat twice.

## LESSON FOUR:

- (a) As Lesson Three, but hold by the hands and raise lower legs backward while swinging backward.  
Repeat several times.

## LESSON FIVE:

- (a) As Lesson Three, but swing twice forward and backward.

## LESSON SIX:

- (a) As Lesson Four, but swing twice forward and backward.

## LESSON SEVEN:

- (a) Without swinging, jumping to climbing position and climb to upper end if possible.  
Continue until all pupils in class had a turn.

## Rings (Head Height).

## LESSON ONE:

Lower body backward to hang lying. (In hand hang, arms extended in lying support, legs extended, body tense, feet flat on floor).....position

- (a) Raise left knee to right angle.....one.....halt

- (b) Return to position.....two.....halt

- (c) Repeat Exercise (a), but right.....three.....halt

- (d) Return to position.....four.....halt

Repeat several times by command.

Return to fundamental position.

Continue until all pupils had a turn.

## LESSON TWO:

- (a) In hang lying, bent elbows and pull upward,  
feet remain firm upon floor.....one.....halt
- (b) Return hang lying.....two.....halt
- Repeat three times.
- Continue until all had a trial.

## LESSON THREE:

- Stand in between the vertical ring ropes, feet firm,  
lower body backward, body and legs tense.....position
- (a) Circle left.
- (b) On the first quarter begin twisting trunk left.....one.....halt
- (c) On the second quarter your twist is completed  
to a one-half turn left.....two.....halt
- (d) On the third quarter, twist left backward.....three.....halt
- (e) On the fourth quarter to original position  
(Front hang lying).....four.....halt
- Repeat three times.

## LESSON FOUR:

- Repeat same exercise right.
- Continue until all pupils had a turn in class.

## LESSON FIVE:

- (a) From fundamental position grasp the rings.....one.....halt
- (b) Turn backward to an invert hang stand.....two.....halt
- (c) Return to position.....three
- (d) Repeat Exercise (b).....four
- (e) Return to position.....five
- (f) March back to your place in an orderly manner.....six
- Continue until all had a turn.

## LESSON SIX:

- (a) In bent arm swing, left leg over left arm, look  
through right ring, cut left hand with left  
leg, catch left ring with hand; legs extended  
downward into bent arm hang.....one.....two
- Repeat three times.

## LESSON EIGHT:

- (a) In upper arm hang run and swing forward with  
one-half turn left in high.....one.....two.....three
- (b) Return, run and swing forward in high with a  
one-half turn right.....one.....two.....three
- Repeat four times.

## LESSON NINE:

- Repeat same exercise with opposite turn in high.
- Continue until all pupils had their turn.

## LESSON TEN:

- (a) Run forward, jump up and bend arms; swing backward in the  
bent arm position and at the end of swing extend and run  
forward again into bent arm hang, etc.
- Repeat several times.

## LESSON ELEVEN:

- (a) Turn over to an inverted hand and rotate the  
shoulders into hand hang.....one.....two
- (b) Repeat again.



## LESSON TWELVE:

Free exercise for all.

See suggested games on pages 123-135.

**Ring—(Jump Into Reach Height, Feet Barely Touching the Floor).**

## LESSON ONE:

- (a) In hand hang.....position
- (b) Run forward and backward with a pendulum swing in high.  
Repeat several times.  
Continue until all had a turn in class.

## LESSON TWO:

- (a) Run forward and swing with a one-half turn left.....one
- (b) Run backward and swing high with a one-half turn right.....two  
Repeat several times.  
Continue until all pupils had a turn in class.

## LESSON THREE:

- (a) Jump over to an inverted hang.....one
- (b) Return to front hand hang.....two  
Repeat several times.

## LESSON FOUR:

- (a) Raise body upward to a vertical position, feet up against  
the ropes, head down, arms extended.....one
- (b) Return to hand hang.....two  
Repeat twice.  
Continue until all pupils had a turn.

## LESSON FIVE:

- (a) Run and swing forward and pull up into bent arms swing.....one
- (b) On the end of the return back swing stretch out and swing  
forward again to a bent arm hang.....two  
Repeat several times.

## LESSON SIX:

- (a) Run and swing forward and raise left leg over  
left elbow, elbows bent, right leg extended  
downward, toes tense, eyes look through right  
ring on the backward swing.....one.....two
- (b) Swing forward in left knee hang.....three
- (c) On the end of the back swing cut left and grasp  
left ring to an extended arm hang.....four.....halt  
Continue until all had a turn in the class.

## LESSON SEVEN:

Repeat all same right.

## LESSON EIGHT:

- (a) Hand-hang to an inverted hang and rotate the  
shoulder sockets to hand-hang.....one.....two
- (b) Repeat once more.

## LESSON NINE:

For advanced pupils.

- (a) Run forward and pull up body to an inverted  
hang in the backward swing.....one.....two
- (b) Pull up backward to the front hand-hang.....three.....four  
Continue until all had a turn.

## LESSON TEN:

(Only for the most advanced.)

- (a) Run and swing up into an inverted hand and immediately rotate the shoulder sockets on the end of the back swing.....one.....two  
 Run forward again and repeat.....three.....four  
 Continue until all pupils had a turn.

**High Jumping.**

## LESSON ONE:

- (a) Spring off left foot and swing arms forward to half bent knee position.....one.....two

## LESSON TWO:

- (a) Repeat lesson one, but spring off right.....one.....two

## LESSON THREE:

- (a) Stride jump forward (similar to hurdling) spring off left foot and landing on the right.

## LESSON FOUR:

- (a) As lesson three, but spring off right foot and landing on the left.

## LESSON FIVE:

- (a) Spring off left foot and land on left with additional hop.

## LESSON SIX:

- (a) As Lesson Five, but spring off right foot, etc.

## LESSON SEVEN:

Try for high jump—record, 76½ inches.

Continue until every one had three trials on each jump.

**High Jumping With Spring Board.**

## LESSON ONE:

- (a) High jump with spring board.

Same exercises as in the high jumping.

Interscholastic Athletic Association of the State of Missouri will be formed in the future according to Rules and Regulations.

**Tumbling.**

One of the most natural of physical activities for children is tumbling. In its technical sense this mode of physical training is of much value and always pleasurable to those who take part in it. In the playgrounds tumbling may be done on the soft grass or a definite place may be made with a dug-out space in the ground filled with several inches of tanbark or other suitable material.

In the gymnasium we have the mats. Placing two or more mats on top of each other for a soft bedding. Always use the lungers for tumbling.

A beginning point for tumbling is the "Forward Roll."

## LESSON ONE:

Forward Roll.

- (a) Place hands upon mat a foot in front of toes.  
 Bend head forward and then bend the body forward at hips.....one.....halt

- (b) Bend knees and sink until shoulders are close to the ground.....two.....halt
- (c) With a little push with toes, roll over, keeping close to chest.....three.....halt
- (d) Just as the toes are off the ground in the roll forward, push the arms forward straight in front of chest, thus aiding in coming to standing position.  
Continue until all pupils have had a turn.

## LESSON TWO:

- (a) The backward roll is done by dropping from standing position to a squat, toes raised from ground, and falling backward quickly.....one
- (b) As soon as the body falls backward, the hands are pushed in the same direction and placed on the mat.....two
- (c) Push strongly with the hands to help roll and to raise the body to make room for the head, which is during this time bent forward.....three
- (d) Keep the knees close to chest until the roll is completed; then rise to standing position, roll backward and then stand.....four.....halt  
Continue until all had a turn.

## LESSON THREE:

- (a) Combine the forward and backward roll, doing the forward first.....one.....halt
- (b) Backward roll.....two.....halt
- (c) (d) Snap up to stand.....three.....four  
Continue until all had a turn.

## LESSON FOUR:

The dive is executed same manner as diving into water.

- (a) Start with a little jump from both feet, hands together over head, let hands strike the mat first, with feet in the air.....one.....halt
- (b) Then roll as before.....two.....halt
- (c) The length of the dive can be from a few inches to as many feet as the expert can cover.....three.....halt
- (d) To standing position.....four.....halt  
Continue until all had a turn.

## LESSON FIVE:

The high dive can be done in similar manner. Begin by diving over a boy kneeling on hands and knees. Gradually increase the height as you practice. A jumping standard is good for practicing clean diving and roll forward to front stand.

## LESSON SIX:

A back hand spring is something for the boys to work for, during their learning stage. This is a feat of considerable difficulty and should not be tried unless some one is at hand who understands to help you. Always use the lungers for difficult tumbling to avoid any accident.

## LESSON SEVEN:

Head stand with assistance.

(a) Place hands upon mat with left foot forward, knees bent low.....one

(b) Place hands on mat and place head on mat about eighteen inches forward.....two

(c) Spring legs upward, legs extended, toes tense and balance. The assistants grasp the legs and hold, then help to assist in the balancing activities.

The head stand can be practiced in the corner of a room without the assistants. Then finally practice away from the wall.

Hand stand with assistance:

(a) Take a step forward, spring and place left foot forward knees bent, bend trunk forward, arms slightly bent outward.....one

(b) Swing legs up to a vertical position, legs extended, toes tense, head up, back arched.....two

The assistants grasp the ankles and hold. Then help the actor to the balancing activities.

The hand stand can be practiced in the corner of a room without the assistants. Then finally practiced away from the corner wall.

## LESSON EIGHT:

No. 1 boy lies upon his back, legs extended straight upward at right angles.....one.....halt

No. 2 boy stands with his legs in stride position over No. 1 boy, facing No. 1 boy's feet.....two.....halt

No. 1 grasp No. 2 boy's ankles.

No. 2 grasp No. 1 boy's ankles.....three

No. 2 boy dives forward, carrying No. 1 boy's feet to the mat, with knees bent to squat position.....four.....halt

No. 2 boy continues the dive, and as he rolls forward No. 1 boy rises and follows in the same manner, each holding to the ankles of the other all the time.

Continue several times.

*High School*  
FIRST AND SECOND YEAR  
*Games of Alertness*





## GAMES.

1. Captain Ball.
2. Indoor Baseball.
3. Volley Ball.
4. End Ball.
5. Basket Ball.
6. Hand Ball.
7. Progressive Dodge Ball. (Red, white and blue.)
8. Soccer Football.
9. Kick Football (Game as Baseball).
10. North and South (Toss up Coin, Head or Tails).
11. Three Deep.
12. Poison (Three Indian Clubs).

For professional games see any sporting book on rules or Spalding Athletic Library on Ball Games.

## Athletics.

1. High Jump (start height 38 inches) boys and girls.
2. Broad Jump (boys and girls).
3. Hop, Step and Jump (boys).
4. Far High Jump { Start—Foot Board five feet distance from under crossbar.  
Boys. { Height 34 inches.  
          { Raise height 4 inches and move foot board back six inches for a point.
5. 100-yard dash (boys).
6. 65-yard dash (girls).
7. Throwing Basket Ball for distance (girls).
8. Eight Pound shot (boys).
9. Pole or Rope Climbing (girls or boys).
10. Throwing Baseball for Distance (boys).
11. Climbing on horizontal bar (boys).
12. Graceful posing (Eurhythmics) (girls).

In High Jumps.

For High Jumps and Broad Jumps the High Spring Boards may be used, etc.

## GAMES.

1. **Indian Club Guard.**—Form a circle and join hands. Arms extended and step backward about four steps (16 players). Place three Indian clubs in the center of ring about 12 inches apart, in triangular form. One player is chosen to be guard and stands in the center. A basket ball is passed swiftly around and across the circle while the guard tries to keep between the clubs and the ball. The object is to knock down the clubs with a swift unexpected throw. When the clubs are all knocked down another player is chosen. The time for each guard to stay in the center may be limited to two minutes.

2. **Long Ball.**—Mark out three bases—home, pitcher's base and long base—each a yard square or three gymnasium mats. The pitcher's base should be about 32 feet from home plate. The long base, 42 feet from home plate, diagonally. Use an indoor ball. Choose two teams, ten players to a side. Have one team at the bat according to numbers. The other team is on the outfield. Each player remains at bat until he hits the ball and then runs to long base, no matter where the hit ball goes. There are no foul balls in the game. The pitcher must toss the ball to the batter. If a hit ball is caught before the ball hits the ground the batter is out. If the fielder misses the fly ball, he can get it and try to hit the batter with it before he can reach long base or while running back to home plate from long base. Players reaching long base may remain there until they have a chance to score for home plate. Three outs, change sides; continue until required innings are played. The team scoring the highest number of points wins.

3. **Cross Tag.**—If the class is large, divide it into two or more groups, having each group play by itself. One child in each group is "it." He runs, trying to tag someone; a third child or pupil runs between the first runner and the chaser. The chaser then runs after this third party, changing his object each time a child runs between him and the runner. When tagged, the child raises his hand so that everyone will know he is "it," and the game continues.

4. **Posture Tag.**—Have two or more files of equal numbers; leaders of each step up with file to starting line and then face to rear of room. Place a bean bag on the head of each leader, and at a given signal each runs thru aisle to rear of room and back to starting line, where next player is prepared to take bean bag, place it on his head and repeat operation. Continue in this manner until the side whose last player finishes first wins. If a player drops the bean bag, he must pick it up and continue the game.

5. **Center Base.**—All the players are seated, except one, who, standing by a desk in the center of the room (the desk should be marked on top with chalk to distinguish it), tosses the bean bag to some other player. That player must catch the bean bag, put it on the center desk and quickly chase the one who threw it. The thrower tries to get back to the center base and touch the bean bag without being tagged. If he succeeds in this, he goes to his seat and the game is repeated with the other player throwing the bean bag. If he is tagged before touching the bean bag, he throws again, and the chaser returns to his desk. See that those sitting keep their feet out of the aisles.

6. **Snow Fort Bombardment.**—Divide into two teams. Each team builds a fort out of snow. (The forts should be placed at a convenient throwing distance apart.) After the forts are built time should be given for the storing of a considerable amount of snowball ammunition. Fire is opened upon a mutually agreed signal. Those hit are prisoners of the others and must make more ammunition for that side. A time limit may be set and the team having the greater number of prisoners at the end of the time wins. The captain of each team must be honest and see that his players who are hit give themselves up to the opposite side. No player is allowed to hit the captain. The captain is not allowed to take part but is only allowed to command and direct.

7. **Zigzag Relay.**—Form ranks of six or eight, open ranks with arms sidewise. Number your files from one to eight. Draw a starting line in front of your files. Place three Indian clubs, about two feet



apart, at the end of the fifteen or twenty-yard line in front of each leader, who, having toed the starting line, at a given signal runs directly to his set of clubs, zigzags between them, without knocking them down, and returns back to his team. The second player should be waiting for his "touch off," with his toes back of the starting line and with his hand extended. The second player repeats the run, and the game is continued in this manner until the side whose last player finishes first wins. A player is disqualified for either starting over line before the "touch off" or for failing to replace clubs after knocking them down.

8. **Tug of War** (Eight or more players to a side).—Equipment—A strong rope about 30 feet long. Stretch the rope full length and divide the distance. Mark a distinct line at the center of rope on the floor or ground. Divide the players into two teams, having the same number to each team on either side of the dividing line. At the command, "Pull," both teams put all their energy to the task and try to pull their opponents over the center line. The team wins which succeeds in pulling all the players of the opposing side over the center line.

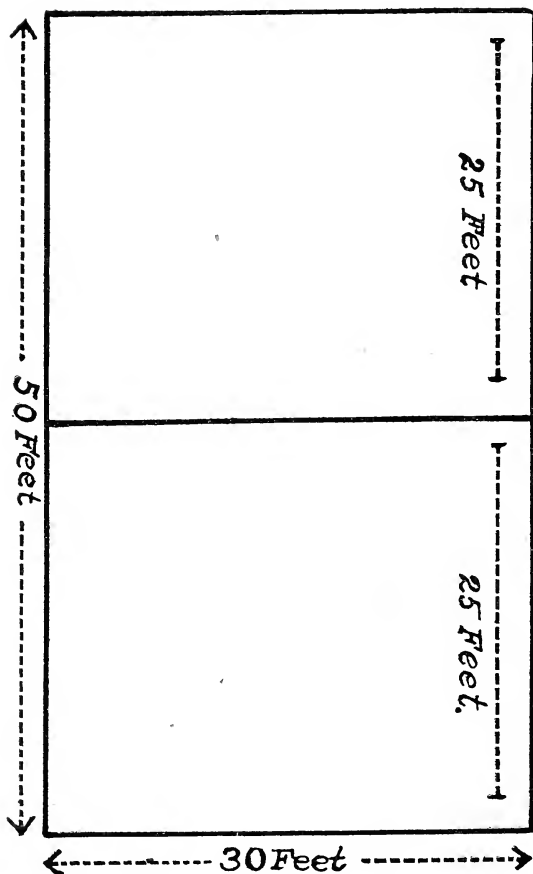
9. **Switching**.—Place eight wands in parallel position upon the floor, about one foot apart, and put Indian clubs and dumb-bells in spaces as follows:



Place three Indian clubs in three spaces from left and three dumb-bells in three spaces from the right. The game consists in placing the clubs and the dumb-bells in such a manner that the positions are reversed—clubs right and dumb-bells left of the center. The pieces can be moved to the opposite side only, not more than two spaces to be crossed at a time. The transposition may be accomplished in fifteen moves, as shown in the following table of successive moves:

C stands for clubs; D for dumb-bells.

1.....	$\left  C \right  \left  C \right  \left  C \right  \left  \dots \right  \left  D \right  \left  D \right  \left  D \right $
2.....	$\overline{C \quad C \quad \dots \quad C \quad D \quad D \quad D}$
3.....	$\overline{C \quad C \quad D \quad C \quad \dots \quad D \quad D}$
4.....	$\overline{C \quad C \quad D \quad C \quad D \quad \dots \quad D}$
5.....	$\overline{C \quad C \quad D \quad \dots \quad D \quad C \quad D}$
6.....	$\overline{C \quad \dots \quad D \quad C \quad D \quad C \quad D}$
7.....	$\overline{\dots \quad C \quad D \quad C \quad D \quad C \quad D}$
8.....	$\overline{D \quad C \quad \dots \quad C \quad D \quad C \quad D}$
9.....	$\overline{D \quad C \quad D \quad C \quad \dots \quad C \quad D}$
10.....	$\overline{D \quad C \quad D \quad C \quad D \quad C \quad \dots}$
11.....	$\overline{D \quad C \quad D \quad C \quad D \quad \dots \quad C}$
12.....	$\overline{D \quad C \quad D \quad \dots \quad D \quad C \quad C}$
13.....	$\overline{D \quad \dots \quad D \quad C \quad D \quad C \quad C}$
14.....	$\overline{D \quad D \quad \dots \quad C \quad D \quad C \quad C}$
15.....	$\overline{D \quad D \quad D \quad C \quad \dots \quad C \quad C}$
16.....	$\overline{D \quad D \quad D \quad \dots \quad C \quad C \quad C}$

**Volley Ball.**

10. **Remarks.**—Secure a tennis net about two feet wide and a volley ball. The court field is thirty feet wide and fifty feet long. This is divided into halves by a net which is stretched between two posts, six feet six inches above the ground. The posts should be placed a foot outside the boundary line of the court. The players are divided into two teams. The members of each team are numbered and scattered evenly over their division. The object is to keep the ball in motion over the net by lightly batting it back and forth with the hand. The ball must not touch the ground nor go outside of the boundary line. The team sending the ball over the net so that it lands on the ground on the opponent's side scores a point.

**Start and Rules.**—Number one of the serving team stands with foot on rear line, tosses the ball up with the left hand and bats it with the palm

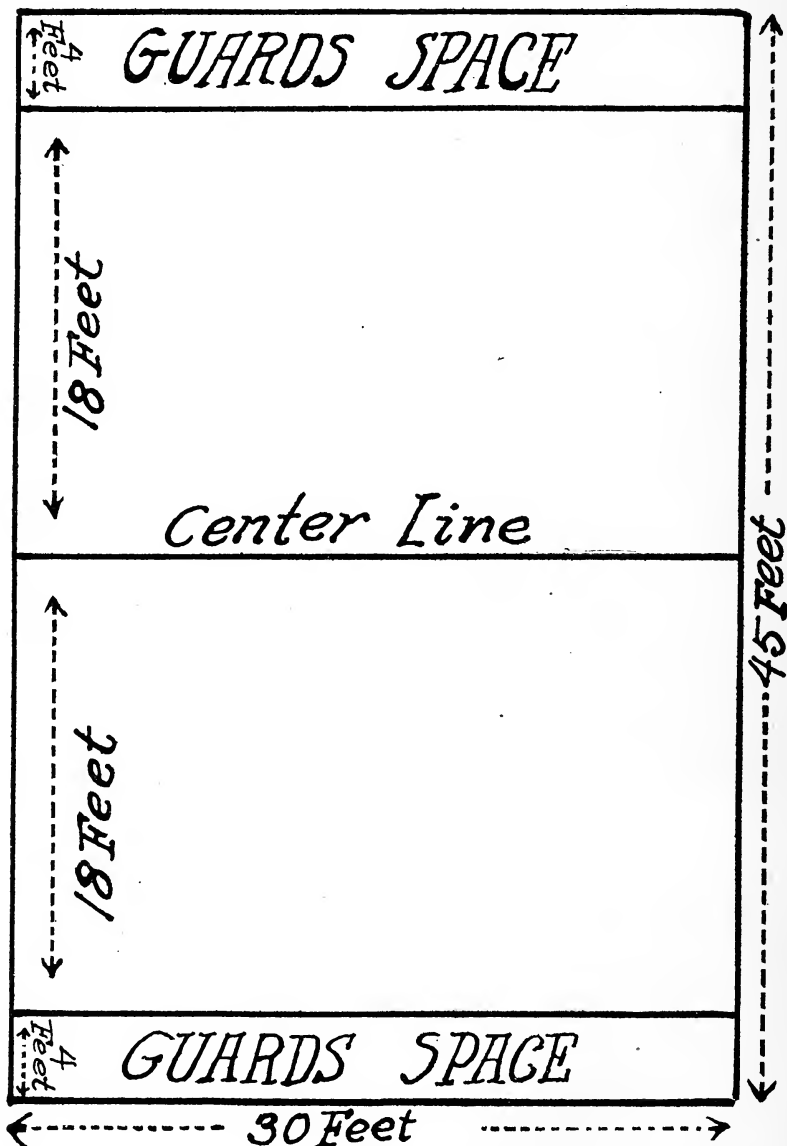
of the right hand across the net. The server has two trials to send the volley ball across the net. If he or she should fail to do this on the first trial, or if the members of the team know his serve and wish to assist him at the beginning, the server bats the ball as before at least ten feet and then the ball is assisted on its way by other members of the team. Should the assisting player fail to put the ball over the net, the server does not get a second trial even though he has had but one. Number one continues serving until his side fails to return the ball or until he has made two faults in succession. The faults may be (1) the ball hits a player on the server's side; (2) the ball hits the net; (3) the ball sent outside of the boundary line. The ball must be batted with open palm. Any number of players may hit the ball to send it across the net; no player may hit the ball more than twice in succession, but a player may hit it again after it has been hit by some other player. The volleying of the ball continues until one of the sides fails to return it. The ball which hits the net is a dead ball and counts as a failure unless it is a service ball. If it is a service ball, the server loses one of his trials. A ball which hits any object and bounds into court is considered to be in play. If a player on the serving side hits the net, the ball is put out of play and goes to the opponents. Should he be on the receiving side, a point is scored by the serving side. The ball is then passed to number one of the opposing team who serves until he fails. The players serve by number, teams alternately.

**Score.**—The only side which scores is the serving side, with a few exceptions. Each time the serving side sends the ball so that it passes the net and lands on the ground of the opponent's court, the serving side scores one point. When the receiving side sends the ball so that it lands on the ground of the serving side, it does not count a point. The ball passes to the receiver and they become servers. A ball sent under the net counts against the side sending the ball and scores a point for the opponents. A ball which is sent outside the boundary line and which bounces in again is in play, but counts a point against the side sending it out. If a player catches or holds a ball, a point is scored for the opponents. The game is finished when all players on both sides have served.

### **End Ball.**

11. Select twelve players to a team. Two of these players are selected as guards, who are placed on the opposite side of the court in guards' space in rear of opponents. The opposing teams place their guards on the opposite sides in guards' spaces. If a guard catches the ball, it will score a point for his side. The rules for the guards are not to run or step out past their boundary line. The guard may have one foot over boundary line in order to catch the volley ball but not both feet. He may jump up as high as possible to get the ball. If the ball is caught by the guard, then the guard throws the ball back to the referee, who calls the next number in order to the center line opposite the other. The referee tosses the ball up about four feet over their heads and between the two players who jump and try to hit the ball back to players or over to their guards. No player is allowed to overstep his boundary line, nor is he or she allowed to step in the guards' spaces. No player is allowed to hit the ball with his fist, only with open hand; nor is a player allowed to kick ball or use insulting remarks; if so, the player can be penalized a point.

The first team to score 21 points wins the first game. The ruling is to play and win two out of three games in order to decide the winners of the set. To be played with volley ball.



1. **Indoor Baseball.**—The game is played in the same manner and with the same ruling as baseball only with the following exceptions: 1. Select ten players to a game. 2. There are two short stops to a game. 3. A foul ball five feet above the batter's head is out. 4. The distance of pitcher's box from home plate is 30 feet. 5. The running bases are 45 feet distant.

2. **Poison.**—Form a circle of eight players and place three Indian clubs in center of circle. Join hands and pull your left or right hand neighbor toward the clubs with the intention of forcing your neighbor to knock down a club. The player who knocks down the clubs or club steps out of the game and the balance of players continue the play until the last two fight it out for the championship. For large classes form several circles, etc.

3. **Tether Ball (Rules).**—(a) The pole shall be twelve feet above the ground and shall be set in the center of a five-foot circle. The pole shall have a line marked around it five feet from the ground.

(b) A twelve-foot line passing through the center of the circle shall divide the play space into two courts.

(c) The nine-inch ball shall be attached to a strong cord so that it hangs three feet from the ground.

(d) A team shall consist of three players; each player to take part in a game.

(e) The game shall be started by a player who wins the toss up, taking hold of the ball and batting it with the right or left. The opposing player bats in the opposite direction.

(f) A point is made by winding the whole cord around the post, above the five-foot line.

(g) After a point has been made a player from the team opposite to the one that began the game starts the play. The third start is made by the last player of the first team (making three innings).

(h) The side scoring most points in the three innings wins the game. In a match, three games shall constitute a set.

(i) Fouls are called as follows: (1) Stepping into circle; (2) stepping into opponent's court.

(j) A foul gives the ball into the hands of the opponent.

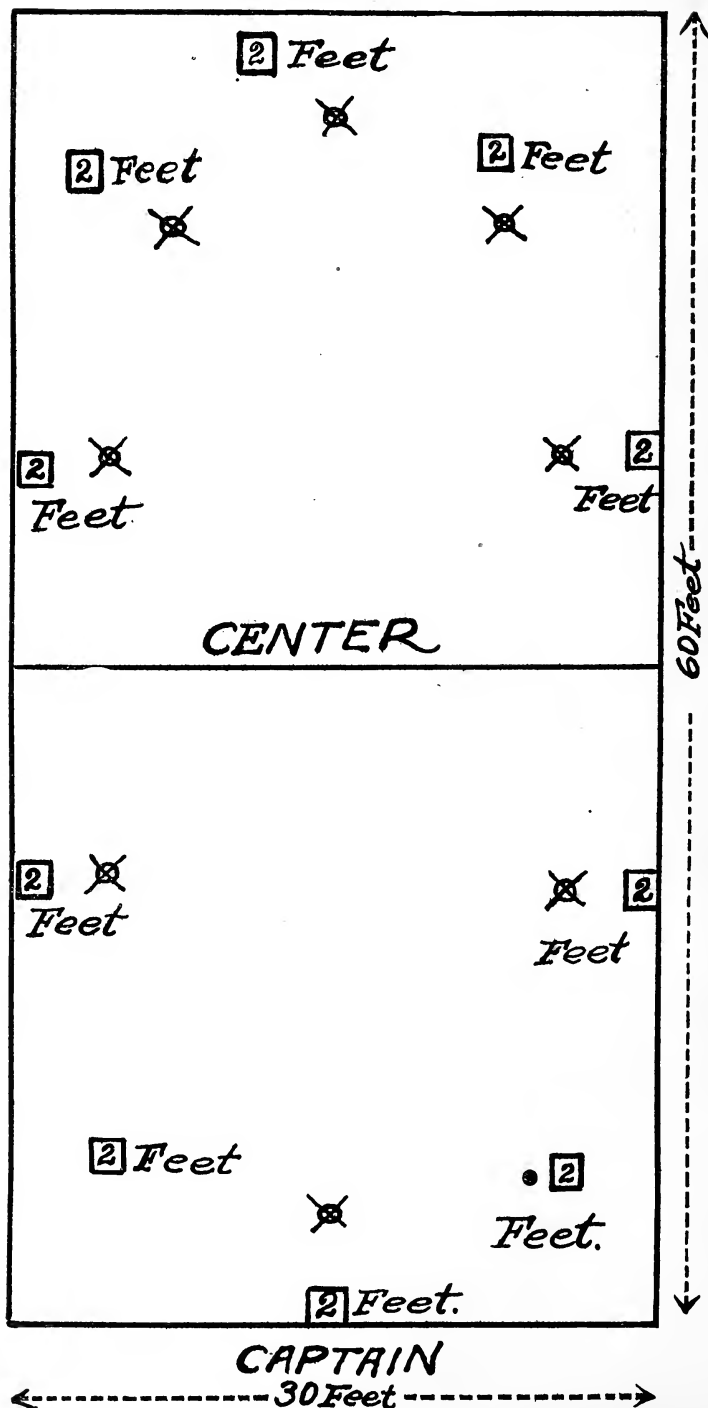
### **Captain Ball.**

The field is 30x60 feet, divided into spaces 30x30.

1. Ten players form a team. They are divided into five basemen and five guards.

2. Their positions are as shown in the diagram on page 187. The bases are two feet square.

## CAPTAIN



3. Guards are not allowed to go into the territory of their opponents, nor to step into the boxes.

4. Basemen must always have at least one foot in their boxes. They are allowed to jump up into the air to catch the ball.

5. The game is in charge of an umpire, who calls all fouls. At the beginning of a game he tosses the ball up in the center of the field between the two guards who face him.

6. After a point has been made he tosses the ball up in the center.

7. If a ball is held between two players he blows his whistle once, and then tosses it up again between the two players.

8. In case of a foul he decides which baseman shall have the ball for a free throw. (In a free throw the baseman having the ball may not be interfered with, but the other players of his side should be guarded.

9. There shall be a scorer, who is also timekeeper.

10. If in the course of the game the ball rolls outside of the field it shall be put in play by one of the guards nearest the place where it rolled out.

11. The object of the game is to get the ball (a basket ball) successively into the hands of two or more basemen of a side.

#### POINTS ARE MADE AS FOLLOWS:

1. If the ball successively gets into the hands of two basemen of the same team, this play counts one point.

2. If the ball successively gets into the hands of a baseman and then to the captian, this play counts two points.

3. Should the succession be captian, baseman and then again captian, the play also counts two points.

4. If the ball successively gets into the hands of two basemen and then to the captain, the play counts three points.

#### FOULS ARE MADE AS FOLLOWS:

1. Carry the ball.

2. Striking the ball when in hands of a player.

3. Holding, pushing, striking or tripping an opponent.

4. Getting out of the box with both feet at the same time.

5. Stepping into the opponent's boxes.

6. Talking back to umpire on decisions.

#### Net Hand Ball.

1. Select five players to a team.

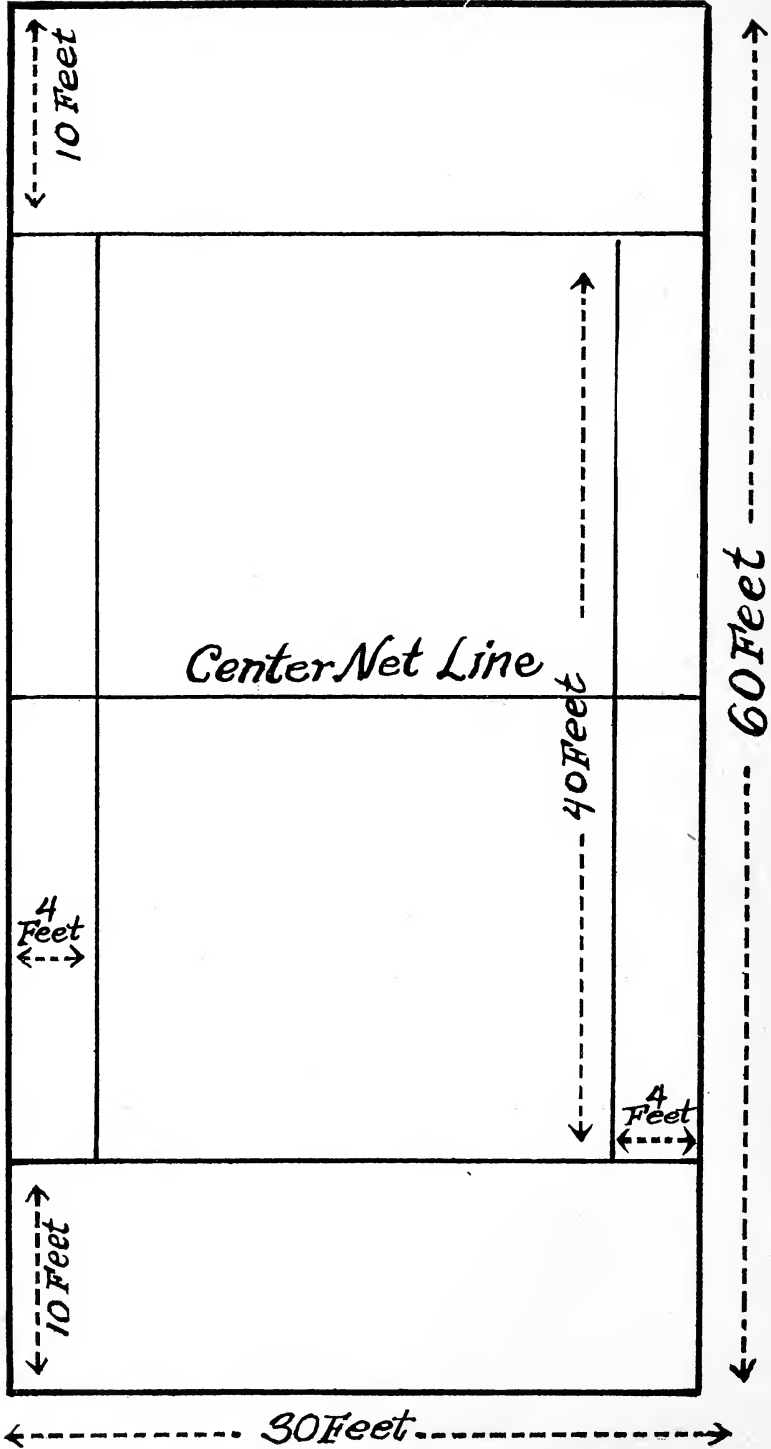
2. The game is played with a tennis ball and batted with left or right hand.

3. In the first serve, number one from the ten-foot space must serve the ball over the net and within the forty-foot space.

4. The server gets two trials.

5. If the server is successful in her serve, the opponent players hit and return the ball over net. The opposite side returns ball back over net to opponent who again takes it up and returns to opposite players. This is kept up until one of the players fails to return ball over the net, then number two of the same team steps up to serve from the ten-foot space. If her opponent fails to return the ball over net, that scores a point for the server. Twenty-one points win the game.

6. Each side has three serves.





7. Any player on the opposite side of the server may hit the ball in return.

8. After the return of the ball any player is qualified to hit the ball in return.

9. Any server may continue to score as many points as she can until she fails to return ball over net.

10. Two out of three games decide the winners.

11. If a tie, an extra game is played. Organized leagues can be formed.

### Soccer Football.

#### FOULS.

Fouls are called for pushing, tripping, charging, unnecessary roughness and purposely touching the ball with the hands or arms.

#### PENALTY FOR FOULING.

In case of a foul the ball is given to the opposite side at the point where the ball was at the time the foul was made. The ball is placed on the ground and a free kick is given.

#### OFFICIALS.

There shall be a referee who has full charge of the game. Two line men (one for each side of the field) and a timekeeper, who also acts as scorekeeper.

#### STARTING THE GAME.

The game is started by a kick off. The referee (who has full control of game) places the ball on the center line in the middle of the circle. The side losing the toss kicks the ball toward the opponent's goal. No other player shall be within five yards of the ball when it is kicked, nor shall any player cross the center of the ground until the ball has been kicked off (should this happen the kick must be taken over).

#### OUT OF BOUNDS.

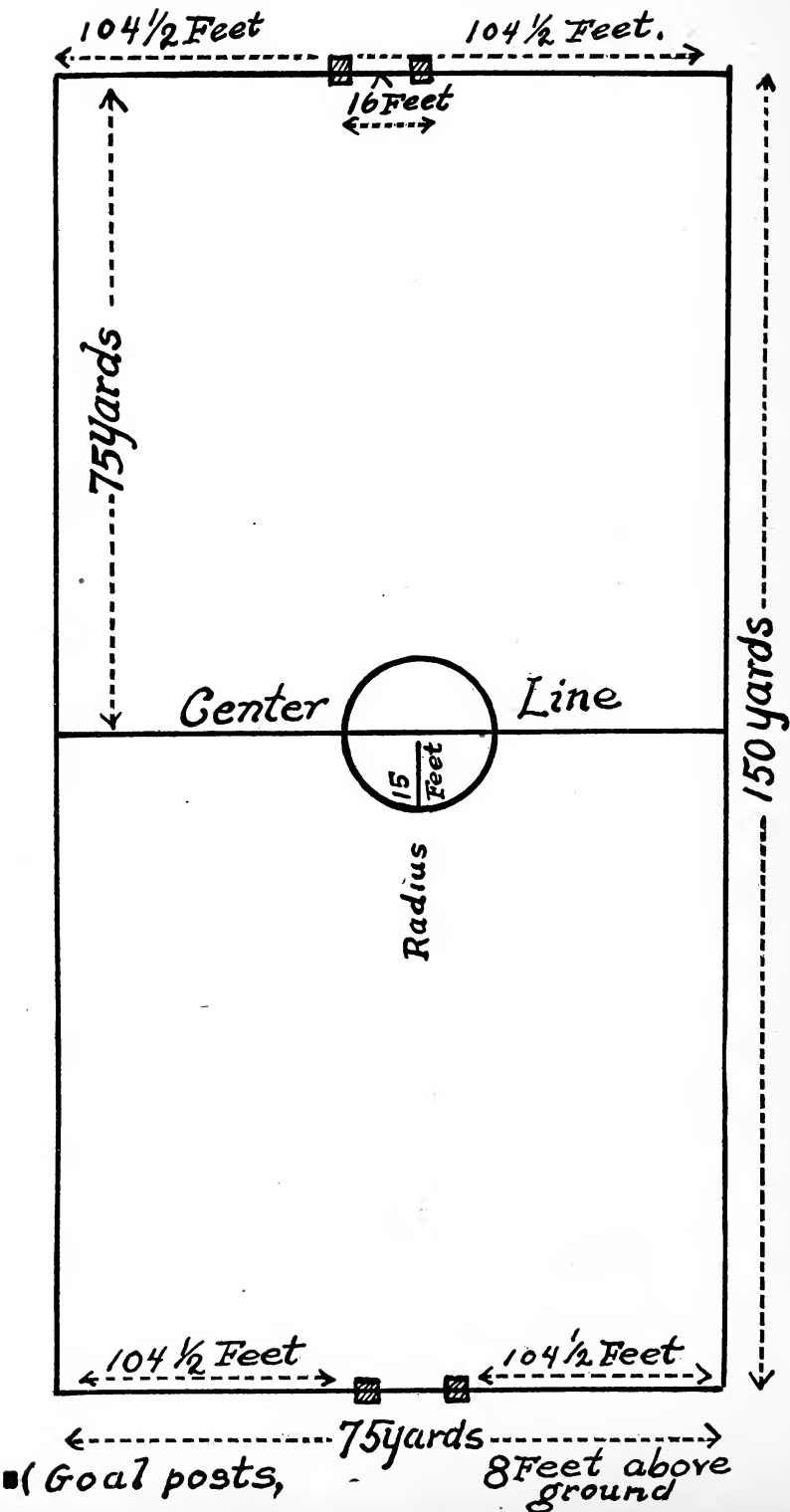
The ball is "out of bounds" when it has passed outside of the field of play (the lines on the sides are called "touch lines" and the lines on the ends are called the "goal lines"). To again put the ball into play a player on the opposite side to that which caused the ball to go out of bounds stands on the line at the point where it went out, then throws the ball, with both hands over his head, into the field of play. He can not again play the ball until it has been played by another player.

#### SCORING A GOAL.

A goal is scored when the ball has been kicked under the goal. A goal counts one point. The team scoring the greatest number of goals in the game is the winner.

#### TIME OF GAME.

The game is played in two halves of from ten to twenty minutes each, with an intermission of from five to ten minutes. Choice of goal and kick-off:—The choice of goals is made by the toss of a coin, the winner choosing the goal and the loser getting the kick-off. Goals are changed between the halves.



**KICK-OFF; ALSO A FREE KICK.**

The ball is placed on the ground and the player gets a kick at the ball without interference. No other play is allowed within five yards of the ball until the ball has been kicked.

**General Remarks.**

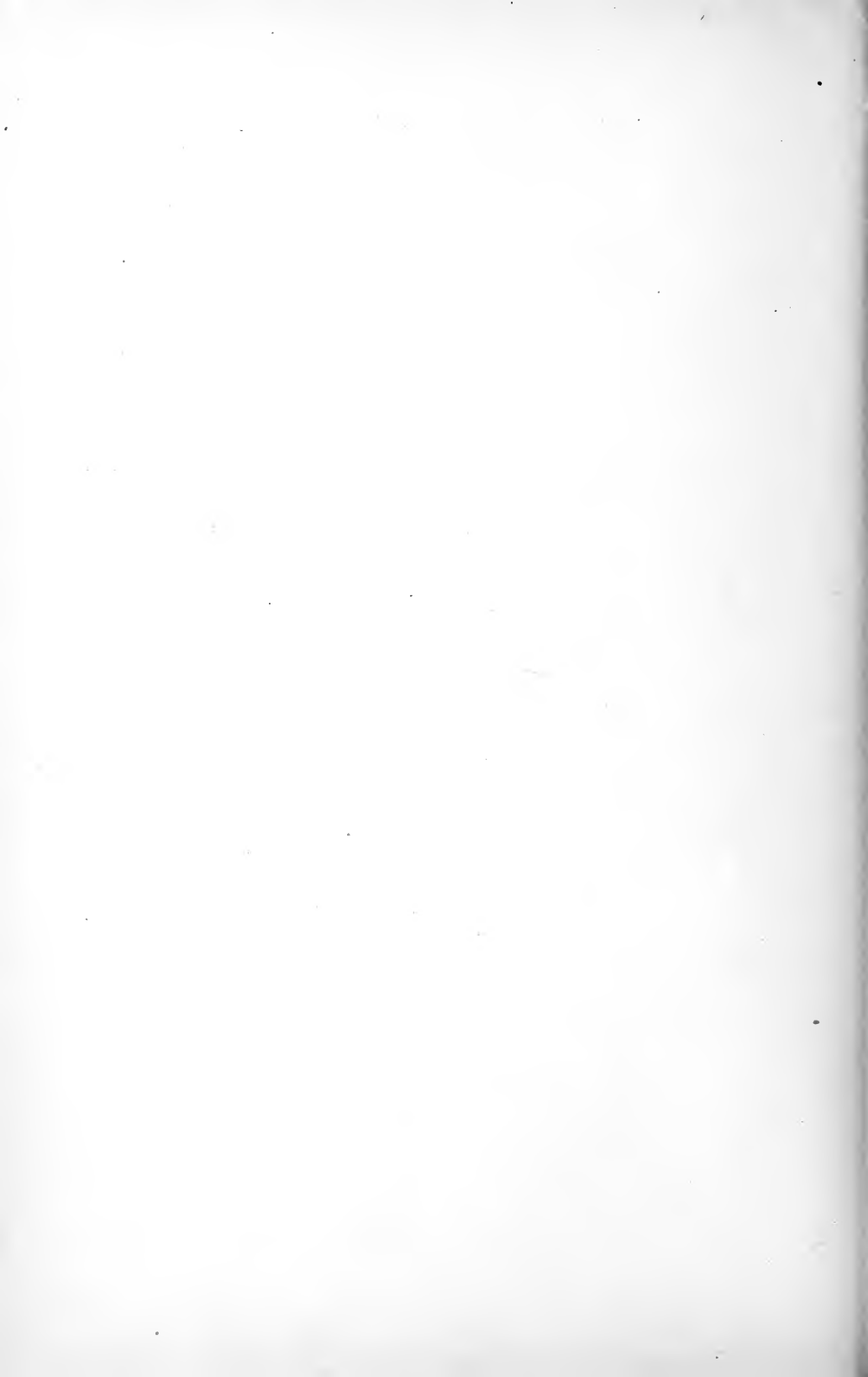
The field should be between fifty feet and seventy-five feet wide and between one hundred and one hundred and fifty yards long divided into two equal parts by a line through the center.

**PLAYERS.**

Any number of players can play on a team, but care should be taken that too many do not try to play ball at the same time.

**OBJECT OF GAME.**

The object of the game is to kick the soccer football (an association football) over the goal line for a corner kick or for a goal kick. At no time must the ball be touched with the hands or arms; if so, the referee blows his whistle and calls foul and places the ball upon the spot where the foul was committed, to be kicked by any one opponent who kicks the ball toward his opponent's goal.



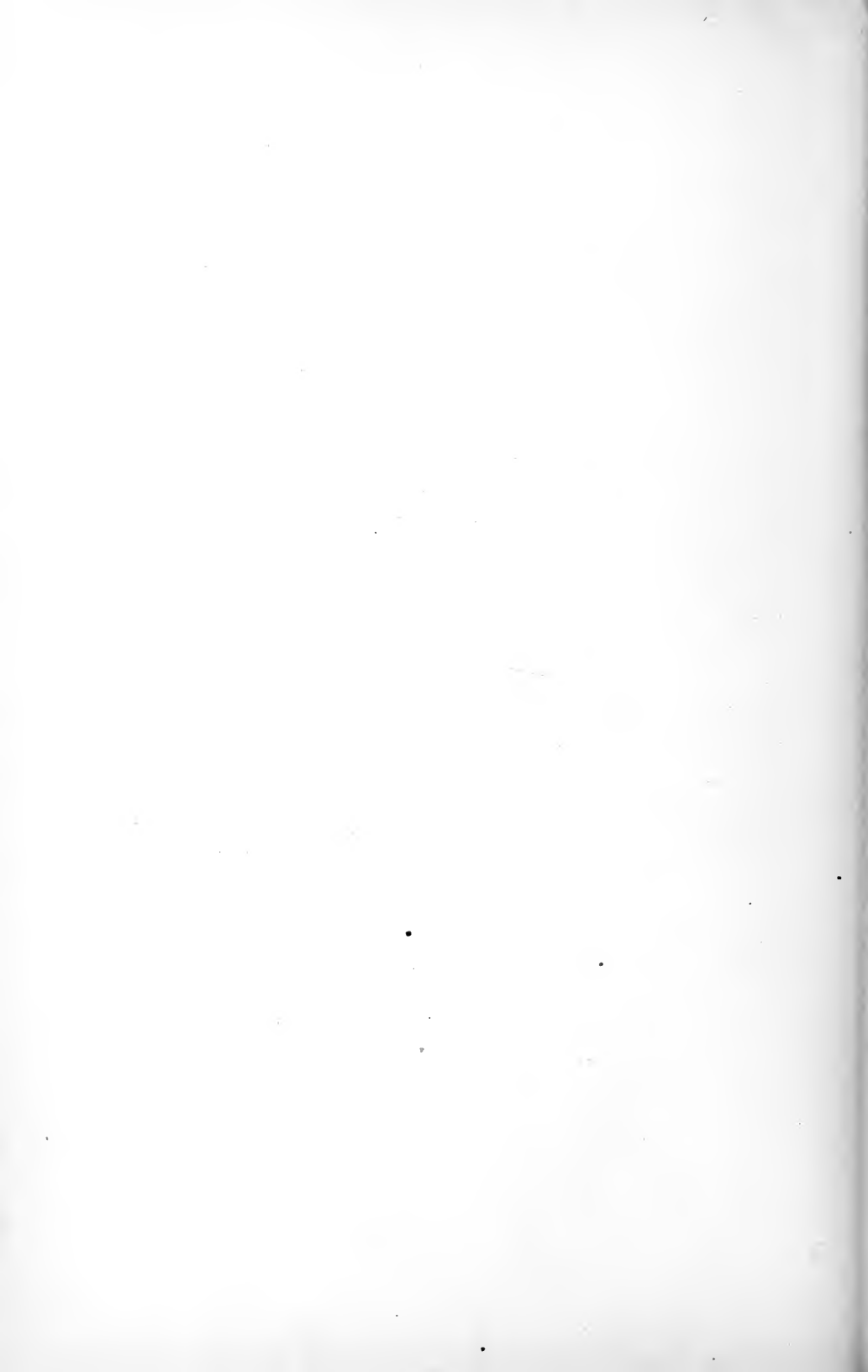
## *Second Year Course of Study*

### IN PHYSICAL TRAINING FOR BOYS AND GIRLS HIGH SCHOOLS



#### *Second Year Apparatus Gymnastics*

Exercises for strength and skill; increased demands in co-ordinate activity in various combinations of typical forms, leading to endurance. Training for track and field exercises. Walking, running, jumping, high and broad jump. Ball-throwing, Dancing.



## SECOND YEAR.

### I. Tactics.

#### GENERAL TACTICS:

- (a) Review the tactics of the preceding year.
- (b) Review the marching movements at a run.
- (c) In single ranks (from front to flank and vice versa).  
Facing, steps, marching, guiding left or right at a halt, wheeling etc., as last year.

### II. Free Exercises.

- (a) Review the essential exercises of last year.  
Free exercises.  
Wand exercises.  
Dumb-bell exercises.  
Indian club exercises.

### III. Rhythmic Steps.

- I. a. Marching in common time and fast time.  
b. Leg movements while marching and running.  
c. Marching with two and four movement arm exercises.

### Dancing Steps.

- II. a. Review the steps of the preceding grade in the dancing lessons with music.  
b. (Polka rhythm) (Mazurka rhythm) (Schottische rhythm) (Waltz rhythm).  
c. Alternate marching steps with dancing steps.  
d. Combine two steps of like rhythm.  
e. Appropriate character and folk dance.  
Book by Elizabeth Burchenal.  
Games, track and field work, miscellaneous.

### Activities.

#### a. GAMES:

1. Develop the finer points of the team games of last year.
2. Increase the difficulty of the more vigorous gymnastic games.

#### b. TRACK AND FIELD EVENTS:

1. Review previous events, work for the correct form.
2. Low hurdles, pole vault.
3. Shot put (8 lbs.) Hurlball (4 lbs.).
4. Endurance run, 4 to 8 minutes.

#### c. MISCELLANEOUS ACTIVITIES:

1. Read Remark: Make it your business to find out something definite about every boy's outdoor life. Where necessary, speak to the boys who need to form the habit of sane outdoor recreative activity.

Review the apparatus work of the first grade.

#### I. LOW HORIZONTAL BAR:

- Knee-circle forward. Crotch-circle backward under swing from stand and support. Easy vaults at the end of exercises.

(Review all complicated exercises of First Year)

Horizontal Bar—Height of Head.

Jump and leg knee swings left or right upward to support, etc.

Horizontal Bar:

Reach Height—Jump swing up with left and right into knee hangs; acquiring the swing start (on high bar).

## II. PARALLEL BARS—Low Bars (For advanced pupils) (High bars).

Vaults from the seat in the middle of the bars, without and with turns. Exercises in the straight arm support. Roll forward from a seat to a straddle seat. Shoulder stand.

Side Horse—Hip Height:

Vaults from the stand and from the support. Leg circles inward, outward, scissors forward, easy vaults at the end of exercises.

Long Horse—Hip Height:

Support, lying, straddle vault, dismount; scissors backward and forward, vaults from the side; vaults with quarter turns.

Rings—Head Height:

Leg exercises in the straight and in the inverted hang. Turn over; cut-off (one leg, one hand); leg exercises in bent-arm hang.

Rings—Jump into Reach Height (Hand Hang, left on the floor):

Pendulum swings, half turn at end of swing. Arm and leg exercises while swinging.

Poles and Ropes:

Hand over hand from a stand, distance ten feet. Between two poles, inverted hand and turn over backward, also forward, with added leg movements; pendulum swing with leg positions, pendulum vaults.

Horizontal Ladder: Incline, vertical ladders:

Hanging with legs exercises (straight and bent arms). Traveling on beams and rounds with legs position (straight and bent arms).

Balance Beams:

Running and skipping on the beams, arm and leg movements in the supports, mounts, dismount and vaults.

Buck (Board) (Hip Height).

Jumping—Straddle—squat.

### 1. Scissors—dismount.

Scissors backward, forward, sidewise, leg circles inward and outward. Vault from stand and from support.

### 2. Buck (Long) (Hip height):

Vault from stand and from support, straddle, squat, scissors backward, forward, sidewise, leg circle inward and outward, dismount forward, sidewise, etc.

### 3. Storm Boards:

Walk, run, balance, one-fourth turn, one-half turn, jumping, lying support, knee bending, etc.

### 4. High Jumping:

Jumping from left, right and both feet with one-fourth turn, one-half turn, hurdle jump, etc.

### 5. Tumbling:

Head stand with assistance.

Hand stands with assistance.

Cartwheels with assistance.

Diving.



## *Third Year Course of Study*

### PHYSICAL TRAINING FOR BOYS AND GIRLS



#### *Gymnasium and Field Work*

Training for condition; prescribed work; use of developing appliances. Practice of special forms; pole vaulting; sprint race, hurdle practice, throwing hammer, putting shot, Gymnastic games, Military exercises, stick fencing, boxing, foil fencing, dancing.



## THIRD AND FOURTH YEAR INDEX

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## WAND.

### PART I.—LESSON ONE.

Boys' Steel Wand (four pounds). Girls' Wooden Wand.

**EXERCISE I:** Form a circle, 16 pupils to a circle facing inward. Arm distance, arms sidewise.

- (a) Raise both arms forward, shoulder height; place left foot forward (touching tip toe only).....one.....halt
- (b) Raise both arms upward, place left foot backward.....two.....halt
- (c) Lower wand horizontally in front of chest.....three.....halt
- (d) Return to fundamental position, arms down, close step.....four.....halt
- Repeat opposite.....4 counts
- Repeat all left and right, but omit the word halt.....8 counts

**EXERCISE II:** Form circle of sixteen pupils, all neighbors, grasp the end of wands with left and right hand, thereby forming a wand circle.

- (a) Raise arms forward.....one.....halt
- (b) Bent elbows, elbows shoulder height forward, wand horizontally and raise left knee to right angle.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Close step, arms down.....four.....halt
- Repeat same opposite.....4 counts
- Repeat all left and right.....8 counts

**EXERCISE III:**

- (a) Raise arms forward.....one.....halt
- (b) Carry arms left, bending right elbow shoulder height, step left and toe step right sidewise.....two.....halt
- (c) Carry arms forward, place right foot forward.....three.....halt
- (d) Arms down and close step.....four.....halt
- Repeat same opposite.....4 counts
- Repeat all left and right.....8 counts

**EXERCISE IV:**

- (a) Place left foot backward.....one.....halt
- (b) Kneel on left knee.....two.....halt
- (c) Kneel on right knee.....three.....halt
- (d) Raise and close step.....four.....halt
- Repeat same opposite.....4 counts
- Repeat all left and right but omit the word halt.....8 counts
- Circle left gallop.....16 counts
- Circle right gallop.....16 counts

## PART II.

## EXERCISE I:

- |   |            |           |
|---|------------|-----------|
| (a) Raise arms upward.....                  | one.....   | halt      |
| (b) Bend trunk forward to right angle.....  | two.....   | halt      |
| (c) Erect trunk.....                        | three..... | halt      |
| (d) Arms down.....                          | four.....  | halt      |
| Repeat three times, omit the word halt..... |            | 12 counts |

## EXERCISE II:

- |  |            |          |
|--|------------|----------|
| (a) Raise arms forward.....                                    | one.....   | halt     |
| (b) Raise left arm upward and extend left leg<br>backward..... | two.....   | halt     |
| (c) Close step, lower left arm forward.....                    | three..... | halt     |
| (d) Lower arm.....   | four.....  | halt     |
| Repeat same right.....   |            | 4 counts |
| Repeat all left and right, but omit the word halt.....         |            | 8 counts |

## EXERCISE III:

- |  |            |           |
|--|------------|-----------|
| (a) Raise both arms forward.....   | one.....   | halt      |
| (b) Raise left arm obliquely forward upward<br>and twist trunk left..... | two.....   | halt      |
| (c) Return to Exercise (a).....  | three..... | halt      |
| (d) Close step, arms down.....   | four.....  | halt      |
| Repeat the same right.....   |            | 4 counts  |
| Repeat all left and right, but omit the word halt.....                   |            | 8 counts  |
| Gallop hop left with raising knees.....                                  |            | 16 counts |
| Gallop hop right with raising knees.....                                 |            | 16 counts |

## PART III.

## EXERCISE I:

- |  |            |          |
|--|------------|----------|
| (a) Raise arms forward.....                                    | one.....   | halt     |
| (b) Lunge left forward with raising both arms up-<br>ward..... | two.....   | halt     |
| (c) Return to Exercise (a).....                                | three..... | halt     |
| (d) Close step arms down.....                                  | four.....  | halt     |
| Repeat same right.....   |            | 4 counts |
| Repeat all left and right but omit the word halt.....          |            |          |

## EXERCISE II:

- |  |            |          |
|--|------------|----------|
| (a) Raise arms upward.....   | one.....   | halt     |
| (b) Step position left forward and kneel, right arms<br>forward..... | two.....   | halt     |
| (c) Straighten legs, arms upward.....                                | three..... | halt     |
| (d) Close step, arms down.....                                       | four.....  | halt     |
| Repeat same right.....   |            | 4 counts |
| Repeat all left and right, but omit the word halt.....               |            | 8 counts |

## EXERCISE III:

- |   |            |          |
|---|------------|----------|
| (a) Lunge left forward, arms upward.....  | one.....   | halt     |
| (b) Bend opposite knee, bend arms, wand horizon-<br>tally height of shoulder, bending trunk<br>backward, head back..... | two.....   | halt     |
| (c) Return to Exercise (a).....   | three..... | halt     |
| (d) Return close step, arms down.....   | four.....  | halt     |
| Repeat same right.....  |            | 4 counts |
| Repeat all left and right, but omit the word halt.....  |            | 8 counts |

- (a) Cross step hop, left over right in circling left.....16 counts  
 (b) Repeat same right.....16 counts  
 Breathing exercise after every lesson.  
 Inhale, swing arms upward, then drop arms to  
       bent elbow position.....6 counts  
 Exhale, lower arms.....1 count  
 Repeat several times.

**REMARKS:**

Divide this lesson into three parts or more. Then later add the three parts to music 4-4 time.  
 See suggested games on pages 123-135-203.

**PART I.—LESSON II.****EXERCISE I:**

- (a) Raise upon toes, wand horizontally in front of  
       chest, elbows bent.....one.....halt  
 (b) Bend knees slightly, extend arms forward.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Return to position (fundamental).....four.....halt  
 Repeat all, but omit the word halt.....16 counts

**EXERCISE II:**

- (a) Toe step left forward with arms forward.....one.....halt  
 (b) Bend right standing knee with toe step left side-  
       wise and place wand horizontally upon left  
       hip, left hand on left hip, right arm circle  
       over head.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Close step, arms down.....four.....halt  
 Repeat same right.....4 counts  
 Repeat all left and right, but omit the word halt.....8 counts

**EXERCISE III:**

- (a) Bend knees deep, wand horizontally upon  
       shoulders.....one.....halt  
 (b) Straighten knees and bend trunk forward to  
       right angle, arms in line with the trunk.....two.....halt  
 (c) Return to Exercise (a).....three.....halt  
 (d) Close step, arms down.....four.....halt  
 Repeat all but omit the word halt.....16 counts

**PART II.**

Wand horizontally in front but left hand on left hip. Right arm  
 forward, wand in line with hip.....position.

**EXERCISE I:**

- (a) Raise left leg forward and thrust left arm for-  
       ward.....one.....halt  
 (b) Return to Exercise (a).....two.....halt  
 (c) Raise right leg forward and thrust right arm  
       forward.....three.....halt  
 (d) Return to position.....four.....halt  
 Repeat alternately left and right, but omit the  
       word halt.....16 counts

## EXERCISE II:

- (a) Jump to stride position, arms upward.....one.....halt
- (b) Twist trunk one-fourth turn left and move right  
arm forward and left hand back.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Jump to close step, arms down.....four.....halt
- Repeat same right.....4 counts
- Repeat all left and right, but omit the word halt.....16 counts

## EXERCISE III:

- (a) One-fourth turn left, stride position left forward  
and arm upward.....one.....halt
- (b) Kneel right, wand horizontally forward, left arm  
extended, right hand under left shoulder,  
arms shoulder height.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Close step, arms down and face to the front.....four.....halt
- Repeat same right.....4 counts
- Repeat all left and right, but omit the word halt.....16 counts

## REMARKS:

Divide this lesson into three parts or more, then later add the three parts with music 4-4 time.

## BREATHING:

Inhale with raising wands sidewise upward.....6 counts  
 Exhale and lower sidewise right.....1 count  
 Repeat wand exercise on the right side with inhaling.....6 counts  
 Exhale and lower on the right.....1 count  
 Repeat several times.

See suggested games on pages 123-135-203.

## PART I.—LESSON III.

## EXERCISE I:

- (a) Raise arms forward (horizontally).....one.....two.....halt
- (b) Bend knees deep, wand vertically,  
left hand on top, right below.....three.....four.....halt
- (c) Straighten legs, arms forward.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat same opposite side.....eight

## EXERCISE II:

- (a) Raise arms upward.....one.....two.....halt
- (b) Bend trunk left obliquely forward  
with wand vertically, right arm  
extend downward, left hand  
under right shoulder, elbow high.....three.....four.....halt
- (c) Erect body, arms upward, wand  
horizontally.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all opposite.....8 counts

## EXERCISE III:

- (a) Step position left sidewise, wand  
horizontally before chest, arms  
bent.....one.....two.....halt



- (b) Bend trunk backward and thrust  
arms upward.....three.....four.....halt
- (c) Body erect and wand before chest.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all opposite side.....8 counts

## PART II.

## EXERCISE I:

- (a) Lunge left forward (wand horizontally in front of chest).....one.....two.....halt
- (b) Tense left knee, with one-fourth turn right, wand vertically in front left hand down, right hand up.....three.....four.....halt
- (c) Return to Exercise (a).....five.....six.....halt
- (d) Close step, arms low to fundamental position.....seven.....eight.....halt
- Repeat opposite side.....8 counts

## EXERCISE II:

- (a) Lunge left sidewise, wand horizontally, left arm sidewise, right hand at left shoulder, elbow high.....one.....two.....halt
- (b) Bend opposite knee, one-fourth turn right, swing left arm downward to left arm extended forward, wand horizontally forward, right hand at left shoulder, elbow high.....three.....four.....halt
- (c) One-fourth turn left, bend opposite knee, left arm extended sidewise, wand horizontally, right hand at left shoulder, elbow high.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all opposite side.....8 counts

## EXERCISE III:

- (a) Step position sidewise left, arms upward.....one.....two.....halt
- (b) Bend trunk forward, wand horizontally upon shoulder.....two.....three.....halt
- (c) Body erect and arms upward, wand horizontally.....five.....six.....halt
- (d) Close step, fundamental position.....seven.....eight.....halt
- Repeat same opposite side.....8 counts

## PART III.

## EXERCISE I:

- (a) Bend knees deep, arms forward, wand horizontally.....one.....two.....halt
- (b) Straighten legs, bend trunk sidewise left, wand horizontally, cross arms in front, square within arms.....three.....four.....halt

- (c) Step position left, wand horizontally  
left sidewise, left arm extended  
right bend, right hand in front  
of right shoulder.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt  
Repeat same opposite side.....8 counts

## EXERCISE II:

- (a) Arms upward, wand horizontally.....one.....two.....halt
- (b) Lunge left sidewise, cross arms, right  
arm on top, left arm under, wand  
horizontally, square within arms.....three.....four.....halt
- (c) Straighten left knee one-fourth turn  
right, left arm forward, right  
hand under left shoulder, elbow  
high.....five.....six.....halt
- (d) Close step, fundamental position.....seven.....eight.....halt  
Repeat all on opposite side.....8 counts

## EXERCISE III:

- (a) Jump into stride position, knees  
bent, wand horizontally in front  
of chest.....one.....two.....halt
- (b) Jump and close step, arms upward,  
wand horizontally.....three.....four.....halt
- (c) Step left backward, wand upon  
shoulder.....five.....six.....halt
- (d) Close step, fundamental position.....seven.....eight.....halt  
Repeat same on opposite side.....8 counts

## REMARKS:

Divide this lesson in three parts or more. Take each part for a lesson, then later add the three parts with music.

## BREATHING:

Inhale and raise wand horizontally forward, upward  
upon shoulder.....6 counts  
Exhale and lower wand over head.....1 count  
Repeat several times.

See suggested games on pages 123-135-203.

## PART I.—LESSON IV.

## EXERCISE I:

- (a) Stride position left forward, arms  
forward.....one.....two.....halt
- (b) Bend left knee, left arm upward,  
right hand at right shoulder.....three.....four.....halt
- (c) As Exercise (a).....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt  
Repeat same right.....8 counts  
Repeat all left and right, but omit the word halt.....16 counts

## EXERCISE II:

Position—Wand in front of chest.

- (a) Twist trunk left with thrusting arms  
upward.....one.....halt

- (b) Return to position.....two.....halt
- (c) Twist trunk right with thrusting  
arms upward, head back.....three.....halt
- (d) Return to position.....four.....halt
- Repeat all left and right but omit the word halt.....16 counts

## EXERCISE III:

- (a) Stride position left sidewise, wand  
vertically, right hand on top,  
left hand below.....one.....two.....halt
- (b) Bend left knee, wand obliquely side-  
wise upward, right hand at left  
shoulder, elbow high.....three.....four.....halt
- (c) Return to Exercise (a).....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat same right.....8 counts
- Repeat all left and right, but omit the word halt.....16 counts

## PART II.

Position—Jump to stride position with arms upward.

## EXERCISE I:

- (a) Bend trunk slowly left with arms in  
line with body.....one.....halt
- (b) Repeat all opposite.....two.....halt
- Repeat all left and right alternately.....16 counts

## REMARK:

On the last count, jump to close step,  
arms down.....fundamental position

## EXERCISE II:

- (a) Lunge left forward, wand obliquely  
forward upward, left arm for-  
ward, right arm upward.....one.....two.....halt
- (b) Return to fundamental position.....three.....four.....halt
- (c) Lunge right forward, wand obliquely  
forward upward, right arm for-  
ward, left arm upward.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat same right.....8 counts
- Repeat all left and right, but omit the word halt.....16 counts

## EXERCISE III:

Position—Wand on shoulder.....place.

- (a) Bend trunk backward, extend arms  
upward.....one.....two.....halt
- (b) Return to position.....three.....four.....halt
- (c) Bend trunk forward and thrust arms  
upward.....five.....six.....halt
- (d) Return to position.....seven.....eight.....halt
- Repeat all, but omit the word halt.....16 counts

## PART III.

## EXERCISE I:

- (a) Lunge left forward, wand obliquely  
in back, right arm down, left  
hand at left shoulder.....one.....two.....halt
- (b) Return to fundamental position,  
arms over head and down with  
close step.....three.....four.....halt
- (c) Lunge right forward, wand obliquely  
in back, left arm down, right  
hand at right shoulder.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all left and right but omit the word halt.....16 counts

## EXERCISE II:

- (a) Lunge left sidewise, left arm upward,  
right arm sidewise, wand  
obliquely.....one.....two.....halt
- (b) Return, close step, arms down.....three.....four.....halt
- (c) Lunge right sidewise, right arm up-  
ward, left arm extend sidewise.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all, but omit the word halt.....16 counts

## EXERCISE III:

- (a) Raise wand upward.....one.....two.....halt
- (b) Lower wand in rear of hips.....three.....four.....halt
- (c) Return wand upward.....five.....six.....halt
- (d) Return to position, close step, arms  
down.....seven.....eight.....halt

## BREATHING:

- Inhale, raise arms forward upward.....4 counts
- Exhale and lower wand in back upon hips.....4 counts
- Inhale and raise arms upward.....4 counts
- Exhale and lower arms down.....4 counts
- Repeat several times.

## REMARKS:

Divide this lesson into three parts or more. One part to a lesson,  
then later add the parts with music 6-8 time.

See suggested games on pages 123-135-203.

## PART I.—LESSON V.

## EXERCISE I:

- (a) Stride position left sidewise, arms  
bent.....one.....two.....halt
- (b) Bend left knee, wand obliquely, right  
arm sidewise, left upward.....three.....four.....halt
- (c) One-fourth turn left, arms upward.....five.....six.....halt
- (d) Bend trunk forward to right angle.....seven.....eight.....halt
- (e) Return arms upward.....nine.....ten.....halt
- (f) Face front in lunge position, wand  
oblique, left up, right sidewise.....eleven.....twelve.....halt

- (g) Tense knees, arms upward.....thirteen.....fourteen.....halt  
 (h) Close step, arms down.....fifteen.....sixteen.....halt  
 Repeat same right.....16 counts

## EXERCISE II:

- (a) Stride position left sidewise, left arm  
upward, right hand at left  
shoulder, wand vertically.....one.....two.....halt  
 (b) Bend trunk sidewise with bending  
left knee.....three.....four.....halt  
 (c) One-fourth turn left, wand upon  
shoulder.....five.....six.....halt  
 (d) Close step forward and bend knees  
deep, arms upward.....seven.....eight.....halt  
 (e) Return, extend right leg, wand upon  
shoulder.....nine.....ten.....halt  
 (f) Face front in lunging position with  
bending trunk left sidewise,  
wand vertically upward, left up,  
right hand at right shoulder.....eleven.....twelve.....halt  
 (g) Straighten legs and trunk.....thirteen.....fourteen.....halt  
 (h) Close step, arms down.....fifteen.....sixteen.....halt  
 Repeat same right.....16 counts

## PART II.

## EXERCISE I:

- (a) Stride position left forward, wand  
obliquely downward, left arm  
backward, right hand at left  
shoulder.....one.....two.....halt  
 (b) Bend left knee, wand vertically upon  
left shoulder, left arm upward,  
right hand at left shoulder,  
elbow high.....three.....four.....halt  
 (c) Lunge left sidewise, wand sidewise,  
obliquely upward, right hand at  
left shoulder.....five.....six.....halt  
 (d) Bend opposite knee, wand sidewise  
obliquely downward, right arm  
down, left hand at right  
shoulder.....seven.....eight.....halt  
 (e) Return to Exercise (c).....nine.....ten.....halt  
 (f) Return to Exercise (b).....eleven.....twelve.....halt  
 (g) Return to Exercise (a).....thirteen.....fourteen.....halt  
 (h) Return to fundamental position.....fifteen.....sixteen.....halt

## EXERCISE II:

- (a) Stride position left forward with  
cross arms, wand horizontal,  
elbow shoulder high.....one.....two.....halt  
 (b) Kneel right, arms upward, wand  
horizontally.....three.....four.....halt  
 (c) Stride position left sidewise, wand  
vertically in front, left hand up,  
right hand down.....five.....six.....halt

- (d) One-fourth turn left, bend left knee,  
wand obliquely forward upward,  
right arm upward, left under  
right arm shoulder.....seven.....eight.....halt
- (e) Return to Exercise (c).....nine.....ten.....halt
- (f) Return to Exercise (b).....eleven.....twelve.....halt
- (g) Return to Exercise (a).....thirteen.....fourteen.....halt
- (h) Return to fundamental position.....fifteen.....sixteen.....halt
- Repeat all same right.....16 counts

### BREATHING:

- Inhale and raise wand over head.....6 counts
- Exhale and return.....1 count
- Repeat several times.

### REMARKS:

- Divide this lesson into three parts or more, then later add the three parts to music 6-8 time.
- See suggested games on pages 123-135-203.

### PART I.—LESSON VI.

#### EXERCISE I:

- (a) Stride left forward, arm upward.....one
- (b) Rise upon toes, wand by side, downward, close  
to right leg, left hand at right shoulder,  
elbow high.....two.....halt
- (c) Return to first exercise.....three.....halt
- (d) Return to position, close step, arms down.....four.....halt
- Same right.....4 counts
- Repeat left and right, but omit the word halt.....8 counts

#### EXERCISE II:

- (a) Stride position left sidewise with wand horizon-  
tally sidewise, right hand at left shoulder.....one.....halt
- (b) Bend right knee, right arm upward, left arm  
sidewise, wand obliquely.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return, close step, arms down.....four.....halt

#### EXERCISE III:

- (a) Stride left backward, wand upon shoulder.....one.....halt
- (b) Bend right knee, swing wand down to right side,  
wand obliquely backward, left hand at  
right shoulder, elbow high.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Close step, arms down.....four.....halt
- Repeat same right.....4 counts
- Repeat all left and right.....8 counts

### PART II.

#### EXERCISE I:

- (a) Charge right backward, wand upward, eyes  
upward.....one.....halt
- (b) Bend left knee and twist trunk left, wand side-  
wise, left arm extended, right hand at left  
shoulder, elbow high.....two.....halt

- (c) Return to Exercise (a).....three.....halt
- (d) Return to position.....4 counts
- Repeat same right.....4 counts

## EXERCISE II:

- (a) Charge right sidewise, left arm side, wand horizontally, right hand on left shoulder, elbow high.....one.....halt
- (b) Bend opposite knee, and swing wand downward to vertical position upon right shoulder, left hand at right shoulder, elbow high, and bend trunk sidewise left.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Return to position, close step, arms down.....four.....halt
- Repeat same right.....4 counts
- Repeat all left and right, but omit the word halt.....8 counts

## EXERCISE III:

- (a) Charge backward right, wand upon shoulders...one.....halt
- (b) One-fourth turn left, bend left knee and bend trunk forward to right angle, wand horizontally, center of the wand next to left foot, head upward.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Close step, arms down.....five.....halt
- Repeat same right.....4 counts
- Repeat left and right.....8 counts

## PART III.

## EXERCISE I:

- (a) Lunge left forward, wand upward.....one.....halt
- (b) Bend opposite knee, wand right obliquely backward, left hand at right shoulder.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Close step, arms down.....four.....halt
- Repeat same right.....4 counts
- Repeat all alternately.....8 counts

## EXERCISE II:

- (a) One-fourth turn left, lunge left forward, wand obliquely forward, right hand upward, left arm forward.....one.....halt
- (b) One-half turn right, and bend right knee, close grip right and bend arms to strike over head.....two.....halt
- (c) Return to Exercise (a).....three.....halt
- (d) Close step, arms down.....four.....halt
- Repeat same right.....4 counts
- Repeat all, but omit the word halt.....8 counts

## EXERCISE III:

- (a) Lunge left sidewise, swing wand to left hip (the wand is horizontally in the back, resting on left hip, eyes forward).....one.....halt
- (b) Bend opposite knee, wand sidewise obliquely downward, right, left at right shoulder, look upward left.....two.....halt

- (c) Return to Exercise (a).....three.....halt  
 (d) Close step, arms down.....four.....halt  
 Repeat same right.....4 counts  
 Repeat all, but omit the word halt.....8 counts

**REMARK:**

Divide your lesson into three or more parts, then take each part as a lesson. Later add all the parts with music 4'4 time.

**BREATHING:**

Wand horizontally in rear.

Inhale and slowly raise wand backward upward.....6 counts

Exhale, lower wand backward.....1 count

Repeat several times.

See suggested games on pages 123-135-203.

**Indian Clubs. Special.****PART I.****EXERCISE I:**

- (a) Double arm circle left with hand  
     circle left in rear.....one.....two.....halt  
 (b) Repeat.....three.....four.....halt  
 (c) Double arm circle left and lunge left  
     sidewise.....five.....six.....halt  
 (d) Hold the position.....seven.....eight.....halt  
 (e) Bend trunk left sidewise, turn head  
     right, arms sidewise.....nine.....ten.....halt  
 (f) Hold position.....eleven.....twelve.....halt  
 (g) Close step left to right, arms upward.....thirteen.....fourteen.....halt  
 (h) Arms down.....fifteen.....sixteen.....halt  
 Repeat all, but omit the word halt.....16 counts

**EXERCISE II:**

- (a) Double arm circle outward with hand  
     circle in rear of shoulder.....one.....two.....halt  
 (b) Repeat.....three.....four.....halt  
 (c) Double arm circle outward and up-  
     ward and lunge left forward.....five.....six.....halt  
 (d) Hold position.....seven.....eight.....halt  
 (e) Bend trunk backward, arms side-  
     wise.....nine.....ten.....halt  
 (f) Hold position.....eleven.....twelve.....halt  
 (g) Close step left back to right, arms  
     upward.....thirteen.....fourteen.....halt  
 (h) Arms down.....fifteen.....sixteen.....halt  
 Repeat all, but omit the word halt.....16 counts

**EXERCISE III:**

- (a) Repeat the first exercise right.....16 counts  
 Repeat same.....16 counts

**EXERCISE IV:**

- (a) Double arm circle inward with hand  
     circle in rear of shoulders.....one.....two.....halt  
 (b) Repeat.....three.....four.....halt



- (c) Double arm circle inward, arms upward, and lunge left backward.....five.....six.....halt
- (d) Hold position.....seven.....eight.....halt
- (e) Bend trunk forward and swing arms and clubs backward obliquely.....nine.....ten.....halt
- (f) Hold position.....eleven.....twelve.....halt
- (g) Close step, arms upward.....thirteen.....fourteen.....halt
- (h) Lower arms.....fifteen.....sixteen.....halt
- Repeat all, but omit the word halt.....16 counts

PART II:

EXERCISE I:

- (a) Lunge left forward, arms upward, club extended.....one.....two.....halt
- (b) Bend opposite knee and swing double arm circle forward downward and backward to an oblique position with bending trunk forward and slightly turn right, eyes to right hand.....three.....four.....halt
- (c) Return to Exercise (a).....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat exercise three times, but omit the word halt.....24 counts

EXERCISE II:

- (a) Stride position left forward and raise arms forward, clubs in line.....one.....two.....halt
- (b) Kneel right, left arm circle over head, club horizontal, right arm obliquely backward.....three.....four.....halt
- (c) Return to Exercise (b).....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all three times.....24 counts

EXERCISE III:

- (a) Lunge left sidewise, left arm bend over head, club in back of neck, right arm sidewise, head turn right.....one.....two.....halt
- (b) Bend opposite knee, bend right arm over head to strike, left arm obliquely downward, head turn left.....three.....four.....halt
- (c) Return to Exercise (a).....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt
- Repeat all three times, but omit the word halt.....24 counts

EXERCISE IV:

- (a) Stride position left sidewise, arms upward.....one.....two.....halt
- (b) One-fourth turn, right and kneel right, cross arms in front, elbows shoulder height.....three.....four.....halt
- (c) Return to Exercise (a).....five.....six.....halt
- (d) Fundamental position.....seven.....eight.....halt
- Repeat all three times, but omit the word halt.....24 counts

**REMARKS:**

Divide your lesson in four parts. Each part is to be a lesson.  
Then later add the four parts with music 6-8 time.

**BREATHING EXERCISE:**

Inhale and swing arms sidewise upward.....6 counts

Exhale, lower arms.....1 count

Repeat several times.

See suggested games on pages 123-135-203.

**Dumb-Bells.**

Boys, Iron Dumb-bells, one pound. Girls, Wooden Dumb-bells,  
one pound.

**PART I.—LESSON I.****EXERCISE I:**

(a) Raise left knee to right angle, arms  
to thrust, knuckles down.....one.....two.....halt

(b) Charge left forward and thrust arms  
sidewise, knuckles down.....three.....four.....halt

(c) Bend opposite knee, left knee tense,  
swing arms forward sidewise  
upward, knuckles outward.....five.....six.....halt

(d) Close step, arms sidewise down to  
fundamental position.....seven.....eight.....halt  
Same opposite side.....8 counts

**EXERCISE II:**

(a) Raise left knee to right angle, arms  
to thrust.....one.....two.....halt

(b) Lunge left sidewise with thrusting  
arms sidewise, knuckles up.....three.....four.....halt

(c) Bend opposite knee and swing arms  
sidewise upward, knuckles out-  
ward.....five.....six.....halt

(d) Close step, lower arms sidewise.....seven.....eight.....halt  
Repeat same opposite side.....8 counts

**EXERCISE III:**

(a) Raise left knee to right angle, arms  
to thrust.....one.....two.....halt

(b) Charge left forward, thrust arms  
upward (knuckles outward).....three.....four.....halt

(c) Bend opposite knee, left knee tense,  
lower arms sidewise.....five.....six.....halt

(d) Close step, lower arms to side, fun-  
damental position.....seven.....eight.....halt  
Repeat same opposite side.....8 counts

**PART II.****EXERCISE I:**

In Stride Position.

(a) Bend knees deep, arms sidewise and  
spring to stride position side-  
wise, arms upward (knuckles  
outward).....one.....two.....halt

- (b) Bend trunk sidewise and circle arm outward to upper position.....three.....four.....halt
- (c) Straighten body, arms to thrust and twist trunk left with thrusting arms sidewise, knuckles upward..five.....six.....halt  
Repeat same opposite.....8 counts
- (d) Twist trunk to the front and swing arms sidewise upward, close step, arms down to side.....eight.....halt  
Repeat opposite side.

## EXERCISE II:

- (a) Bend knees deep, arms side and jump to side stride position, arms circle outward upward.....one.....two.....halt
- (b) Double arm circle left and bend trunk sidewise, arms upward...three.....four.....halt
- (c) Straighten body, arms to thrust lunge deep sidewise and thrust arms forward, knuckles outward, dumb-bells parallel and vertically.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt  
Repeat same opposite.....8 counts

## EXERCISE III:

- (a) Deep knee bending, arms side, jump to stride, arms circle outward and upward.....one.....two.....halt
- (b) Five-fourths arm circle outward (arms sidewise), bend trunk backward, head back.....three.....four.....halt
- (c) Straighten trunk, arms to thrust, one-fourth turn left, raise upon toes and lunge left forward, left arm obliquely forward upward, right obliquely backward.....five.....six.....halt
- (d) Return front stride position, arms obliquely outward upward, knuckles outward to close step arms down.....seven.....eight.....halt  
Repeat same opposite.....8 counts

## PART III.

## EXERCISE I:

- (a) Raise arms upward, dumb-bells vertically and raise left leg forward, toes tense and charge left backward with three-fourths arm circle downward to upward position.....one.....two.....halt
- (b) Lunge left sidewise, left arm sidewise, right dumb-bell upon right shoulder.....three.....four.....halt

- (c) One-fourth turn left, bend left arm  
over head, knuckles upward,  
bend trunk forward to right  
angle, right obliquely backward..five.....six.....halt
- (d) Close step, arms low.....seven.....eight.....halt  
Repeat same opposite right.....8 counts

## EXERCISE II:

- (a) Raise arms sidewise and raise left  
leg sidewise and cross step left  
in front of right with cross arms  
in front of chest, elbows shoulder  
height, square within the arm  
space.....one.....two.....halt
- (b) Lunge left sidewise, arms sidewise,  
knuckles upward.....three.....four.....halt
- (c) One-fourth turn left, bend left side-  
wise, right arm over head, right  
arm circle over head, left arm  
extended sidewise, head turn  
right.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt  
Repeat same opposite.....8 counts

## EXERCISE III:

- (a) Raise left leg forward, arms forward..one.....two.....halt
- (b) Charge backward, move arms to side  
and upward to arm circle over  
head and bend right knee, left  
knee tense.....three.....four.....halt
- (c) Lunge left sidewise, arms sidewise.....five.....six.....halt
- (d) Close step, arms down.....seven.....eight.....halt  
Repeat all opposite side.....8 counts

## REMARKS:

Divide this lesson in three parts or more, take each part for a lesson,  
then later add the three parts with music.

## BREATHING EXERCISE:

Inhale and raise arms slowly sidewise upward.....4 counts  
Hold.....4 counts  
Exhale and lower arms.....1 count  
Repeat several times.

See suggested games on pages 123-135-203.

## PART I.—LESSON II.

## EXERCISE I:

- (a) Arms upward (knuckles outward).....one.....two.....halt
- (b) Charge left sidewise, arms left side-  
wise, arms parallel, dumb-bells  
vertical.....three.....four.....halt
- (c) Bend opposite knee, left dumb-bell  
upon left shoulder, right arm  
obliquely downward, eyes to  
right hand.....five.....six.....halt

- (d) Bend opposite knee, right arm  
obliquely sidewise upward.....seven.....eight.....halt  
(e) Return to Exercise (c).....nine.....ten.....halt  
(f) Return to Exercise (b).....eleven.....twelve.....halt  
(g) Return to Exercise (a).....thirteen.....fourteen.....halt  
(h) Close step, arms down.....fifteen.....sixteen.....halt  
Repeat all, but omit the word halt.....16 counts

**EXERCISE II:**

- (a) Arms forward, dumb-bells vertical.....one.....two.....halt  
(b) Charge left forward, dumb-bells upon  
shoulders, elbow forward, shoul-  
der height.....three.....four.....halt  
(c) Bend opposite knee, left leg straight,  
left arm obliquely forward, up-  
ward, bell vertical, right arm  
obliquely downward, backward,  
eyes to left hand.....five.....six.....halt  
(d) One-half turn, right, bend opposite  
knee, right arm obliquely for-  
ward, upward, eyes up to right  
hand, left arm obliquely back-  
ward, downward, bell vertical.....seven.....eight.....halt  
(e) Return to Exercise (c).....nine.....ten.....halt  
(f) Return to Exercise (b).....eleven.....twelve.....halt  
(g) Return to Exercise (a).....thirteen.....fourteen.....halt  
(h) Close step, arms down.....fifteen.....sixteen.....halt  
Repeat all, but omit the word halt.....16 counts

**EXERCISE III:**

- (a) The uneven file numbers execute the first exercise.....32 counts  
(b) The even numbers execute the second exercise.....32 counts

**EXERCISE IV:**

- (a) The uneven file numbers execute the second exercise.....32 counts  
(b) The even file numbers execute the first exercise.....32 counts

**REMARKS:**

Divide this lesson into parts. Each exercise for a lesson, then later add the two parts. Later divide lesson into files of exercises with music 6-8 time.

**BREATHING:**

Inhale and raise arm sidewise and dumb-bells upon shoulders..6 counts  
Exhale, lower arms.....6 counts  
Repeat several times.  
See suggested games on pages 123-135-203.

**PART I.—LESSON III.****EXERCISE I:**

- (a) Charge left sidewise, dumb-bell side-  
wise upward upon shoulder,  
bells vertical.....one.....two.....halt  
(b) Close step right to left foot, left arm  
obliquely sidewise, obliquely  
downward.....three.....four.....halt

- (c) One-fourth turn, right and lunge  
right forward, right arm forward, obliquely upward.....five.....six.....halt
- (d) One-half turn, left and kneel right,  
swing right arm downward up to, forward upward obliquely, right bell vertical, eyes up, left arm obliquely backward.....seven.....eight.....halt
- (e) Return to Exercise (c).....nine.....ten.....halt
- (f) Return to Exercise (b).....eleven.....twelve.....halt
- (g) Return to Exercise (a).....thirteen.....fourteen.....halt
- (h) Close step, arms down.....fifteen.....sixteen.....halt
- Repeat all, but omit the word halt.....16 counts

## EXERCISE II:

- (a) Repeat first exercise right.....64 counts

## EXERCISE III:

- (a) Uneven numbers, repeat first exercise left.....32 counts
- (b) Even numbers, repeat first exercise right.....32 counts

## EXERCISE IV:

- (a) Uneven numbers, repeat first exercise right.....32 counts
- (b) Even numbers, repeat first exercise left.....32 counts

## REMARKS:

Divide lesson into four parts, then later add the four parts together and have it with music 6-8 time. Only have each lesson 32 counts with music.

## BREATHING EXERCISE:

Bend knees deep, arms forward.....position

Inhale, straighten legs and move arms sidewise.....6 counts

Exhale and bend knees, arms forward.....1 count

Repeat several times.

## PART I.—LESSON IV.

## EXERCISE I:

- (a) One-eighth turn left, step position  
left obliquely forward, dumb-bells upon shoulders, elbows forward.....one.....two.....halt
- (b) Charge left backward, bend trunk forward, swing arms backward, head up.....three.....four.....halt
- (c) Lunge left sidewise, bend trunk right sidewise with double arm circle outward over head, left arm bent over head, right arm sidewise obliquely downward, eyes to right hand.....five.....six.....halt
- (d) Bend opposite knee, bend trunk left sidewise, right arm circle over head, left obliquely sidewise downward, eyes to left hand.....seven.....eight.....halt
- (e) Return to Exercise (c).....nine.....ten.....halt

- (f) Return to Exercise (b).....eleven.....twelve.....halt  
 (g) Return to Exercise (a).....thirteen.....fourteen.....halt  
 (h) Close step, arms down.....fifteen.....sixteen.....halt  
 Repeat all, but omit the word halt.....16 counts

## PART II.

## EXERCISE II:

- (a) One-fourth turn left, step position  
     left forward, dumb-bells upon  
     shoulders, elbows sidewise,  
     shoulder height.....one.....two.....halt  
 (b) Change left backward, thrust arms  
     sidewise, knuckles up.....three.....four.....halt  
 (c) Lunge left forward, arms upward.....five.....six.....halt  
 (d) One-half turn right, bend opposite  
     knee, dumb-bells upon shoulder.....seven.....eight.....halt  
 (e) Return to Exercise (c).....nine.....ten.....halt  
 (f) Return to Exercise (b).....eleven.....twelve.....halt  
 (g) Return to Exercise (a).....thirteen.....fourteen.....halt  
 (h) Close step, arms down.....fifteen.....sixteen.....halt  
 Repeat all, but omit the word halt.....16 counts

## PART III.

## EXERCISE III:

- (a) Uneven numbers, repeat the first exercise.....32 counts  
 (b) Even numbers, repeat the second exercise.....32 counts

## PART IV.

## EXERCISE IV:

- (a) Even numbers, second exercise.....32 counts  
 (b) Uneven numbers, first exercise.....32 counts

## REMARKS:

Divide the four lessons into four parts. Each part a lesson, then later take all with music 6-8 time.

## BREATHING EXERCISE:

Inhale, raise arms sidewise upward, with rising up toes.....6 counts  
 Exhale, lower arms.....1 count  
 Repeat all several times.

See suggested games, pages 123-135-203.

## PART I.—LESSON V.

## EXERCISE I:

- (a) Bend knees deep, arms forward  
     (knuckles outward).....one.....two.....halt  
 (b) Straighten legs and stride left back-  
     ward and swing arms upward.....five.....eight.....halt  
 (c) Stride position left sidewise, arms  
     side.....nine.....twelve.....halt  
 (d) Stride right forward, right arm  
     obliquely forward upward,  
     obliquely backward.....thirteen.....sixteen.....halt

- (e) Stride right backward and bend left knee forward with left arm obliquely upward, right arm obliquely backward.....seventeen..twenty.....halt
- (f) Stride sidewise, arms sidewise, bells vertical.....twenty-one.....twenty-four...halt
- (g) Stride left, backward, arms forward, knuckles outward.....twenty-five.....twenty-eight..halt
- (h) Close step, arms down.....twenty-nine.....thirty-two.....halt  
Repeat all same right.....32 counts

## PART II.

## EXERCISE I:

- (a) Bend knees deep, arms obliquely backward, head up.....one.....four.....halt
- (b) Straighten legs, stride position left forward, arms upward.....five.....eight.....halt
- (c) Stride position left sidewise and three-fourths arm circle left, arms sidewise.....nine.....twelve.....halt
- (d) One-fourth turn, left, bend left knee and swing arms backward, obliquely.....thirteen.....sixteen.....halt
- (e) Raise right leg forward to right angle and swing arms forward.....seventeen..twenty.....halt
- (f) Swing right leg backward with a one-fourth turn right in stride position right, arms sidewise, one-half circle, right arm downward to arm side.....twenty-one....twenty-four.....halt
- (g) Stride left forward, with three-fourths double arm circle outward to arms upward.....twenty-five.....twenty-eight.....halt
- (h) Close step, arms down.....twenty-nine.....thirty-two.....halt  
Repeat all, but omit the word halt.....32 counts

## PART III.

## EXERCISE I:

- (a) One-fourth turn left (on the ball of the foot) lunge left forward, arms upward.....one.....four.....halt
- (b) Transfer weight on right leg, and raise left leg forward to right angle, move arms sidewise.....five.....six.....halt
- (c) Lunge left forward, bend trunk forward to right angle and strike bells between legs, head up.....seven.....twelve.....halt
- (d) Bend opposite knee, straighten left leg and thrust arms upward with bending trunk backward.....thirteen.....sixteen.....halt
- (e) One-fourth turn right into front stride position.....seventeen..twenty.....halt
- (f) Bend trunk forward to right angle, swing arms down obliquely backward, head up.....twenty-one....twenty-four.....halt



- (g) Bend right knee, straighten trunk,  
arms forward.....twenty-five.....twenty-eight.....halt  
(d) Close step, arms down.....twenty-nine.....thirty-two.....halt  
Repeat all, but omit the word halt.....32 counts

## PART IV.

## EXERCISE I:

- (a) Jump to stride position, arms for-  
ward upward.....one.....two.....halt  
(b) Bend trunk forward, downward and  
lower the arms forward down-  
ward, rest the dumb-bells upon  
the floor (shoulder wide,  
knuckles outward).....five.....eight.....halt  
(c) Straighten legs backward to lying  
support, head up.....nine.....twelve.....halt  
(d) Bend right knee to squat, left leg  
extended sidewise.....thirteen.....sixteen.....halt  
(e) Extend right leg sidewise and bend  
left knee to squat.....seventeen.....twenty.....halt  
(f) Extend legs backward, front lying  
support.....twenty-one.....twenty-four.....halt  
(g) Jump and bend knee deep.....twenty-five.....twenty-eight.....halt  
(h) Straighten legs and lower arm.....twenty-nine.....thirty-two.....halt  
Repeat all same right, but omit the word halt.....32 counts

## REMARKS:

Divide this lesson into four parts, each part as a lesson, then later  
add the four parts with music 6-8 time.

## BREATHING EXERCISE:

Position left forward, arms forward.

Inhale, move arms sidewise.....6 counts

Exhale, move arms forward.....1 count

Repeat several times.

See suggested games on pages 123-135-203.

## Indian Clubs.

## PART I.—LESSON I.

Boys' Club, one and one-half pounds. Girls' Club, one pound.

## EXERCISE I:

Position—Arms bent, clubs vertical.

- (a) Three-fourths double arm circle outward (arms  
upward).....one  
(b) Bend knee deep, arms sidewise and dip elbows.....two.....halt  
(c) Straighten legs and three-fourth double arm  
circle outward, arms upward.....three.....halt  
(d) Close step, arms to position.....four.....halt

## EXERCISE II:

- (a) Three-fourths double arm outward with cross  
arms.....one  
(b) Dip clubs on forearm and lunge left forward.....two.....halt  
(c) Close step left backward and three-fourths  
double arm circle inward, arms upward.....three.....halt

- (d) Return to arm position.....four.....halt  
Repeat same right.....4 counts

## EXERCISE III:

- (a) One-half double arm circle left.....one  
(b) Lunge sidewise left and dip clubs on forearm.....two  
(c) Close step left to right, three-fourths double arm  
circle right, arms over head.....three  
(d) Return to position.....four  
Repeat same right.....4 counts

## EXERCISE IV:

- (a) Bend trunk forward.....one  
Straighten and double arm circle forward,  
passing the left side to arm position.....two  
(b) Repeat Exercise (a) same right.....one.....two  
Repeat four times left and right.....8 counts

## PART II.

## EXERCISE I:

- (a) Stride position left forward and double arm  
circle outward to cross arms in front,  
square within the arms.....one.....halt  
(b) Bend left knee, whole double arm circle out-  
ward to side position.....two.....halt  
(c) Straighten left knee and three-fourths double  
arm circle outward, arms over head.....three.....halt  
(d) Return to arm position.....four.....halt  
Same right.....4 counts

## EXERCISE II:

- (a) Stride left backward, and double arm circle  
inward (arm side).....one.....two.....halt  
(b) Bend left knee, move arms inward on the level  
with the shoulders and double hand circle  
horizontally inward, cross arms, elbow high..three.....halt  
(d) Double arm inward and straighten left knee to  
position.....four.....halt  
Same right.....4 counts

## EXERCISE III:

- (a) Bend trunk left sidewise and double arm left,  
left arm in the rear, right arm upward  
close to head.....one  
(b) Return to position.....two  
Repeat same right.....2 counts

## EXERCISE IV:

- (a) Step position left sidewise and three-fourths  
double arm circle left (arms side).....one  
(b) Lunge left sidewise, double hand circle left,  
horizontally on the level with the shoulders..two.....halt  
(c) Step position left sidewise and three-fourths  
double arm circle left, arms upward.....three.....halt  
(d) Close step, arms to position.....four.....halt  
Repeat same right.....4 counts

Divide this lesson into two parts or more. Take each part for a lesson, then later take all parts with music 6-8 time.

### BREATHING EXERCISE:

Inhale and raise arms slowly upward.....6 counts

Exhale and lower arms downward.....1 count

Repeat several times.

See suggested games on pages 123-135-203.

### PART I.—LESSON II.

#### EXERCISE I:

- (a) Step position sidewise left and cross  
step right in rear of left.....one.....two.....halt
- (b) Return to position.....three.....four.....halt
- (c) Repeat same opposite side.....five.....six.....halt
- (d) Return.....seven.....eight.....halt
- (e) Three-fourths double arm circle outward  
with double hand circle in rear  
of shoulder.....nine.....ten.....halt
- (f) Repeat.....eleven.....twelve.....halt
- (g) Double arm circle to position.....thirteen.....fourteen.....halt
- (h) Fundamental position.....fifteen.....sixteen.....halt

#### EXERCISE II:

- (a) Double arm circle inward with hand  
circle inward.....one.....two.....halt
- (b) Three-fourths double arm circle in-  
ward, arm side.....three.....four.....halt
- (c) Double horizontal hand circle in-  
ward, arms forward.....five.....six.....halt
- (d) Step left forward with double hand  
circle forward.....seven.....eight.....halt
- (e) Step position left forward and swing  
arm obliquely backward down-  
ward.....nine.....ten.....halt
- (f) Close step and swing arms upward.....eleven.....twelve.....halt
- (g) Lower arms forward and double hand  
circle forward.....thirteen.....fourteen.....halt
- (h) Close step, arms to position.....fifteen.....sixteen.....halt

### PART II.

#### EXERCISE I:

- (a) Double arm circle left outward with  
double hand circle in rear of  
shoulders.....one.....two.....halt
- (b) Three-fourths double arm circle left  
to right side.....three.....four.....halt
- (c) Horizontally, double hand circle to  
the left side, clubs extend in  
line with the arms.....five.....six.....halt
- (d) Step left sidewise and cross step right  
in rear of left.....seven.....eight.....halt
- (e) Step right, close step left with three-  
fourths double arm circle right  
to position.....nine.....ten.....halt

- (f) Double arm circle right with double hand circle right in rear of shoulders.....eleven.....twelve.....halt  
 (g) Double arm circle right to position.....thirteen.....fourteen.....halt  
 (h) Fundamental position.....fifteen.....sixteen.....halt

## EXERCISE II:

- (a) Double arm circle forward downward, backward with bending trunk forward.....one.....two.....halt  
 (b) Swing arms forward and double hand circle backward on the outside of hand, body erect.....three.....four.....halt  
 (c) Toe step backward with double arm circle outward, cross club over head.....five.....six.....halt  
 (d) Step right foot forward and close step left to right foot with double arm circle inward, arms side-wise.....seven.....eight.....halt  
 (e) Repeat Exercises (c) and (d).....nine.....twelve.....halt  
 (f) Three-fourths double arm circle outward with hand circle in rear of shoulder.....thirteen.....fourteen.....halt  
 (g) Double arm circle outward to position.....fifteen.....sixteen.....halt

## PART III.

## EXERCISE I:

- (a) Double arm circle outward with hand circle in rear of shoulder.....one.....two.....halt  
 (b) Double arm circle outward with double hand circle outward in front of arms (arms upward).....three.....four.....halt  
 (c) Double arm circle outward with hand circle in rear of shoulder.....five.....six.....halt  
 (d) Three-fourths double arm circle outward (arms cross in front of chest).....seven.....halt  
     Double horizontal hand circle outward over arm to arms sidewise.....eight.....halt  
 (e) Bend trunk forward, move arms horizontally inward with hand circles inward, arms forward.....nine.....ten.....halt  
 (f) Erect trunk and raise left leg forward, arms sidewise.....eleven.....twelve.....halt  
 (g) Close step and arm circle left to position, hand circle in rear of head.....thirteen.....fourteen.....halt  
 (h) Double arm circle outward.....fifteen.....sixteen.....halt

## EXERCISE II:

- (a) Double arm circle inward with hand circle in rear of shoulders.....one.....two.....halt

- (b) One-half double arm circle inward  
with hand circle in front thighs,  
and half double arm circle up to  
position.....three.....four.....halt
- (c) Three-quarters double arm circle in-  
ward, arms sidewise.....five.....six.....halt
- (d) Charge left backward, with double  
hand circle horizontally inward.....seven.....eight.....halt
- (e) Double hand circle outward and  
move arm outward.....nine.....ten.....halt
- (f) Close step left forward and raise left  
leg backward, arms obliquely  
upward.....eleven.....twelve.....halt
- (g) Close step, arms circle right inward,  
left hand circle inward.....thirteen.....fourteen.....halt
- (h) Double arm circle inward to arm  
position.....fifteen.....sixteen.....halt

## PART IV.

## EXERCISE I:

- (a) Double arm circle and double hand  
circle in rear of shoulder.....one.....two.....halt
- (b) One-half double arm circle outward;  
hand circle in front of thigh and  
half double arm circle outward  
to upper arm position.....three.....four.....halt
- (c) Double arm circle outward and  
double hand circle in rear of  
head.....five.....six.....halt
- (d) Three-fourths double arm circle out-  
ward (cross arms in front).....seven.....halt
- (e) Lunge left sidewise with a horizontal  
double hand circle outward over  
arm to side position.....eight.....halt
- (f) One-fourth turn left, kneel right and  
half circle outward (both arms  
forward).....nine.....halt  
Double hand circle forward.....ten.....halt
- (g) One-fourth right, raise left leg side-  
wise to close step half double  
arm circle downward, inward,  
arms sidewise.....eleven.....twelve.....halt
- (h) Double arm circle outward to arm  
position.....fifteen.....sixteen.....halt

## REMARKS:

Divide this lesson in four parts or more. Each part a lesson, then later take the four together with music 4-4 time. Slow waltz time.

## BREATHING EXERCISE:

Inhale, raise arms forward and move arm sidewise.....6 counts  
Exhale.....1 count  
Repeat several times.

See suggested games on pages 123-135-203.

## PART I.—LESSON III.

## EXERCISE I:

- (a) Two follow steps forward, two arm circle outward, each to the starting position.....one.....four.....halt
- (b) Three arm circle outward.....five.....eight.....halt
- (c) Extend clubs forward.....nine.....halt
- (d) Swing clubs sidewise.....ten.....halt
- (e) Clubs forward.....eleven.....halt
- (f) Starting position.....twelve.....halt
- (g) March backward.....thirteen.....sixteen.....halt
- Repeat all but omit the word halt, and in starting two follow step backward.....16 counts

## EXERCISE II:

- (a) Two follow step left sidewise, two double arm circle left sidewise.....one.....four.....halt
- (b) Three double arm circle outward.....five.....eight.....halt
- (c) Extend clubs forward.....nine.....halt
- (d) Swing clubs sidewise.....ten.....halt
- (e) Clubs forward.....eleven.....halt
- (f) Starting position.....twelve.....halt
- (g) March sidewise.....thirteen.....sixteen.....halt
- Repeat all but omit the word halt.....16 counts

## EXERCISE III:

- (a) Two follow step backward, two arm circle inward each to the starting position.....one.....four.....halt
- (b) Three arm circle inward.....five.....eight.....halt
- (c) Extend club sidewise.....nine.....halt
- (d) Cross clubs over head.....ten.....halt
- (e) Extend clubs sidewise.....eleven.....halt
- (f) Starting position.....twelve.....halt
- (g) March forward.....thirteen.....sixteen.....halt
- Repeat all but omit the word halt.....16 counts

## EXERCISE IV:

Repeat the second exercise beginning to the right.

## PART II.

## EXERCISE I:

- (a) Three-fourths arm circle outward, dip clubs in front of body, elbow shoulder high.....one.....two.....halt
- (b) Seven-eighths arm circle inward, cross clubs over head.....three.....four.....halt
- (c) Seven-eighths arm circle outward, dip clubs in front of body shoulder high.....five.....six.....halt
- (d) Three-fourths arm circle inward to starting position.....seven.....eight.....halt
- (e) Extend clubs forward.....nine.....halt
- (f) Swing clubs sidewise and bend knees.....ten.....halt
- (g) Straighten knees, clubs forward.....eleven.....halt

- (h) Starting position.....twelve.....halt  
 (i) March backward.....thirteen.....sixteen.....halt  
 Repeat all but omit the word halt.....16 counts

EXERCISE II:

- (a) Three-fourths double arm circle to the left and dip clubs in the horizontal position right.....one.....two.....halt  
 (b) One-half double arm circle and dip clubs in horizontal position left sidewise.....three.....four.....halt  
 (c) One-half double arm circle and dip clubs in horizontal position right sidewise.....five.....six.....halt  
 (d) Three-fourths double arm circle to starting position.....seven.....eight.....halt  
 (e) Charge left sidewise and clubs left sidewise.....nine.....halt  
 (f) Bend alternate knee, swing right club upward to horizontal position right.....ten.....halt  
 (g) Return to position.....eleven.....halt  
 (h) Starting position.....twelve.....halt  
 March sidewise right.....thirteen.....sixteen.....halt  
 Repeat all.....16 counts

EXERCISE III:

- (a) Three-fourths double arm circle inward, dip clubs in the horizontal position sidewise.....one.....two.....halt  
 (b) Seven-eighths double arm circle outward, clubs obliquely sidewise upward .....three.....four.....halt  
 (c) Seven-eighths double arm circle inward, dip clubs in the horizontal position sidewise.....five.....six.....halt  
 (d) Three-fourths double arm circle outward to starting position.....seven.....eight.....halt  
 (e) Extend clubs sidewise.....nine.....halt  
 (f) Raise upon toes and cross clubs over head.....ten.....halt  
 (g) Return to position.....eleven.....halt  
 (h) Return to starting position.....twelve.....halt  
 (i) March left sidewise.....thirteen.....sixteen.....halt  
 Repeat all but omit the word halt.....16 counts

EXERCISE IV:

- Repeat exercise two to the right (march forward).....16 counts

PART III.

EXERCISE I:

- (a) Double arm circle outward, hand circle back of shoulder.....one.....eight.....halt  
 (b) Charge left forward, extend clubs obliquely forward upward.....nine.....halt  
 (c) Bend trunk forward, swing clubs sidewise.....ten.....halt

- |                                   |               |                  |
|-----------------------------------|---------------|------------------|
| (d) Return to position.....       | eleven.....   | halt             |
| (e) Return to start position..... | twelve.....   | halt             |
| (f) March forward.....            | thirteen..... | sixteen.....halt |

**EXERCISE II:**

- |  |               |              |           |
|--|---------------|--------------|-----------|
| (a) Double arm circle left, hand circle<br>in back of shoulders..... | one.....      | eight.....   | halt      |
| (b) Charge left sidewise, cross clubs<br>over head.....              | nine.....     |              | halt      |
| (c) Bend trunk sidewise left, arms up-<br>ward.....                  | ten.....      |              | halt      |
| (d) Return to position.....  | eleven.....   |              | halt      |
| (e) Return to starting position.....                                 | twelve.....   |              | halt      |
| March sidewise left.....   | thirteen..... | sixteen..... | halt      |
| Repeat all but omit the word halt.....                               |               |              | 16 counts |

**EXERCISE III:**

- |  |               |              |           |
|--|---------------|--------------|-----------|
| (a) Double arm circle inward, hand<br>circle in back of shoulders..... | one.....      | eight.....   | halt      |
| (b) Charge left backward, swing clubs<br>downward and backward.....    | nine.....     |              | halt      |
| (c) Bend trunk backward, swing clubs<br>obliquely sidewise upward..... | ten.....      |              | halt      |
| (d) Return to position, close step.....                                | eleven.....   |              | halt      |
| (e) Return to starting position.....                                   | twelve.....   |              | halt      |
| March sidewise right.....  | thirteen..... | sixteen..... | halt      |
| Repeat all but omit the word halt.....                                 |               |              | 16 counts |

**EXERCISE IV:**

- |   |  |  |           |
|---|--|--|-----------|
| Repeat second exercise, beginning right but march<br>forward..... |  |  | 16 counts |
|---|--|--|-----------|

**REMARKS:**

Divide this lesson into four parts. Each part for a lesson. Then later add all together with music  $3/4$  time.

**BREATHING EXERCISE:**

- |   |          |
|---|----------|
| Inhale and raise arms forward upward..... | 6 counts |
| Exhale and lower arms.....                | 1 count  |
| Repeat several times.                     |          |
| See suggested games on pages 123-135-203. |          |

**PART I.—LESSON IV.****EXERCISE I:**

- |  |            |            |              |
|--|------------|------------|--------------|
| (a) Arm circle left outward, with hand<br>circle above head, left arm ex-<br>tended (hand circle, outward in<br>front of forearm)..... | one.....   | two.....   | halt         |
| (b) Repeat.....  | twice..... | three..... | six.....halt |
| (c) One-half arm circle outward.....   | seven..... |            | halt         |
| (d) Return arm position.....   | eight..... |            | halt         |
| Repeat same right.....   |            |            | 8 counts     |
| Repeat all left and right.....   |            |            | 16 counts    |

**EXERCISE II:**

- |  |          |          |      |
|--|----------|----------|------|
| (a) Double arm circle outward with hand<br>circle outward in front of fore-<br>arm, arms extended..... | one..... | two..... | halt |
|--|----------|----------|------|



- (b) Repeat two times.....three.....six.....halt  
 (c) Double one-half circle outward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat all.....8 counts  
 Repeat all left and right.....16 counts

## PART II.

## EXERCISE I:

- (a) Arm circle left inward with hand  
 circle in front of forearm, left  
 arm extended.....one.....two.....halt  
 (b) Repeat two or more times.....three.....six.....halt  
 (c) One-half arm circle inward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat.....8 counts  
 Repeat all left and right.....16 counts

## EXERCISE II:

- (a) Double arm circle inward with hand  
 circles in front of forearm, arms  
 extended upward.....one.....two.....halt  
 (b) Repeat two or more times.....three.....six.....halt  
 (c) One-half double arm circle inward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat.....8 counts  
 Repeat all.....16 counts

## PART III.

## EXERCISE I:

- (a) Double arms circle left with double  
 hand circle left in front of fore-  
 arms above the head, arms ex-  
 tended upward.....one.....two.....halt

## EXERCISE II:

- (a) Double arm circle right with double  
 hand circle right in front of  
 forearm, above head, arms ex-  
 tended upward.....one.....two.....halt  
 Repeat eight times.....16 counts

## BREATHING EXERCISE:

- Inhale, raise arms slowly backward upward.....6 counts  
 Exhale, lower arms forward.....1 one  
 Repeat several times.

## REMARKS:

Divide the lesson into three parts. Take each part as a lesson, then later add all parts with music  $3/4$  time.

See suggested games on pages 123-135-203.

## PART I.—LESSON V.

## EXERCISE I:

- (a) Left hand circle outward in front of  
 thigh and arm circle outward.....one.....two.....halt  
 (b) Repeat two more times.....three.....six.....halt

- (c) One-half arm circle outward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat.....8 counts  
 Repeat same right.....16 counts

## EXERCISE II:

- (a) Double hand circle outward in front  
 of thigh and double arm circle  
 outward.....one.....two.....halt  
 (b) Repeat six times.....three.....fourteen.....halt  
 (c) One-half double arm circle outward.....fifteen.....halt  
 (d) Return to position.....sixteen.....halt  
 Repeat.....16 counts

## PART II.

## EXERCISE I:

- (a) Right hand circle inward in front of  
 thigh and arm circle inward.....one.....two.....halt  
 (b) Repeat two or more times.....three.....six.....halt  
 (c) One-half arm circle inward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat same right inward.....8 counts  
 Repeat all.....16 counts

## EXERCISE II:

- (a) Double arm circle inward with  
 double hand circle in front of  
 thigh (inward).....one.....two.....halt  
 (b) Repeat twice.....three.....six.....halt  
 (c) Double one-half arm circle inward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat all.....8 counts  
 Repeat all.....16 counts

## PART III.

## EXERCISE I:

- (a) Double arm circle left with double  
 hand circle left in front of thigh.....16 counts

## EXERCISE II:

- (a) Double arm circle right with double  
 hand circle right in front of thigh.....16 counts

## BREATHING EXERCISE:

- Inhale and raise arm sidewise and hold.....8 counts  
 Exhale, lower arms.....1 count  
 Repeat all several times.

## REMARKS:

Divide lesson into three parts or more. Each part a lesson, then  
 later add all parts with music 3-4 time.  
 See suggested games on pages 123-135-203.

## PART I.—LESSON VI.

## EXERCISE I:

- (a) Arm circle left outward with left  
 hand circle outward in rear of  
 hip.....one.....two.....halt

- (b) Repeat two more times.....three.....six.....halt  
 (c) One-half arm circle outward.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat.....8 counts  
 Repeat all.....16 counts

**EXERCISE II:**

- (a) Double arm circle outward left, with  
     double hand circle, left in rear  
     of hip, right in front of thigh.....one.....two.....halt  
 (b) Repeat two more times.....three.....six.....halt  
 (c) One-half double arm circle left.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat all once more.....8 counts

**PART II:****EXERCISE I:**

- (a) Double arm circle outward right, with  
     double hand circle right hand  
     circle in rear of hip, left hand  
     circle in front of thigh.....one.....two.....halt  
 (b) Repeat two more times.....three.....six.....halt  
 (c) Double arm circle right.....seven.....halt  
 (d) Return to arm position.....eight.....halt  
 Repeat.....8 counts

**BREATHING EXERCISE:**

- Bend trunk forward and swing arms  
     backward, inhale and raise arms  
     and trunk upward.....6 counts  
 Exhale, lower arms and bend trunk forward to  
     right angle.....one.....halt  
 Repeat several times.

**REMARKS:**

Divide this lesson into two parts. Take each part for a lesson,  
 then later add all parts with music 3-4 time.

**AESTHETIC DANCING.****The Glow Worm.****PART I.—LESSON I.****EXERCISE I:**

- (a) Step left sidewise, close step and quickly  
     raise and lower heels (rocking step)  
     with raising and lowering arms.....one.....two  
 (b) Repeat.....three.....four  
 (c) Side step left, arms sidewise.....five  
 (d) Cross step right, bend trunk forward and  
     with the right hand (scoop or circle  
     downward, touching the floor).....six  
 (e) Circle inward upward to arms sidewise,  
     body erect.....seven  
 (f) Close step left or right, arms down.....eight  
 Repeat same right.....8 counts  
 Repeat three more times.....64 counts

## PART II.

## EXERCISE I:

- (a) Step left sidewise with arms side.....one  
 (b) Cross step right in rear, slowly and gracefully double arm circle outward downward, with graceful bowing trunk forward.....two.....three  
 (c) Erect and slightly bend body left, with arm circle over head.....four  
 (d) Arms sidewise.....five  
 (e) Step right sidewise.....six  
 (f) Close step left to right, arms down.....seven.....eight  
 Repeat opposite side.....8 counts  
 Repeat all left and right.....16 counts  
 Rest 16 counts.

## PART III.

## EXERCISE I:

- (a) Step hop left obliquely forward with leg inward, knee high, toes tense.....one.....two  
 (b) Same right.....three.....four  
 (c) Spanish draw left (step left sidewise and draw right heel at right angles to left foot, knees slightly bent) with left arm over head, bend body forward with right arm circle over head.....five.....six  
 (d) Repeat Spanish draw.....seven.....eight  
 Repeat all right.....8 counts  
 (e) Fly twirl step left, right and left (a one-half turn on right and left) with arms sidewise (on turns) arms circle over head, arm sidewise.....one.....two.....three  
 (f) Cross step right in rear of left leg, knees slightly bent, arms sidewise.....four  
 (g) Bend knees and trunk forward with double arm circle downward upward, arm circle over head.....five.....six  
 (h) Arm sidewise, step right sidewise.....seven  
 (i) Close step left to right foot, arms down.....eight  
 Repeat right.....8 counts  
 Repeat three more times.....48 counts

## PART IV.

## EXERCISE I:

- (a) Step left sidewise with arm sidewise.....one  
 (b) Cross step right over left with raising upon toes, arm circle over head.....two  
 (c) Step right sidewise, arms side.....three  
 (d) Close step, arms down.....four  
 (e) Same right.....five.....eight  
 (f) Step position left sidewise, arms side.....nine.....ten  
 (g) One-fourth turn left, glide hop forward left, arms extended obliquely, left arm upward, right obliquely backward.....eleven.....twelve

- (h) Return to front side, step right with arms  
sidewise.....thirteen.....fourteen
- (i) Close step, arms down.....fifteen.....sixteen
- Repeat three more times.....48 counts

## PART V.

## EXERCISE I:

- (a) One-fourth turn left, march forward four  
steps with arms sidewise.....one.....four
- (b) Step position left sidewise, arms sidewise,  
and cross step right in rear of left, bow  
with curtsy and double arm circle  
gracefully outward upward and close  
step, arms down.....five.....eight
- (c) Return.....8 counts
- (d) Repeat three more times.....48 counts
- Any graceful movements in saluting positions.....32 counts

## PART VI.

## EXERCISE I:

- Same as Part V.....64 counts
- Rest.....16 counts

(Intermission.)

Second Addition.

- Repeat.....Part I.....64 counts
- Repeat.....Part II.....48 counts
- Repeat.....Part III.....64 counts

## PART VII.

## EXERCISE I:

- (a) March three steps obliquely left forward  
with left arms upward obliquely, right  
backward.....one.....two.....three
- (b) Step, hop, hitch, kick right.....four
- (c) Spanish draw right backward.....five.....six
- (d) Cross step, swirl right over left with arm  
circle over head.....seven
- (e) Arms down.....eight
- Return same right.....8 counts
- Repeat three more times.....48 counts

## PART VIII.

## EXERCISE I:

- (a) Any sensuous movements in harmony with the music, ending in  
a euphemistic position (or graceful posing).

## BREATHING:

- Inhale and raise arm, circle over head.....6 counts
- Exhale and lower arms.....one
- Repeat several times.

Divide this lesson into eight parts or more. Take each part as a  
lesson, then later take all with music.

"The Glow Worm," published by Wm. Stern & Co., Hunthlet  
Music Store, St. Louis, Mo.

**Coupon Dance.****PART I.—LESSON II.****EXERCISE I:**

- (a) Balance step hop left with right leg inward,  
right knee bent.....one.....two
- (b) Same right.....three.....four
- (c) Glide step, hop left obliquely forward.....five.....six
- (d) Glide step, hop right obliquely forward.....seven.....eight
- (e) Balance step, hop left backward.....nine.....ten
- (f) Balance step, hop right backward.....eleven.....twelve
- (g) Waltz, turn left.....thirteen.....sixteen
- Repeat same right.....16 counts
- Repeat all left but on the thirteenth count  
number one kneels right, number two  
circles left.....13 to.....16 counts
- Repeat again right.....16 counts

**PART II.****EXERCISE I:**

- (a) Number one forward with balance swing  
left and right with arms.....one.....eight
- (b) Russian step (step over backward left and  
right with a hop).....nine.....twelve
- Number two repeats same but with a one-  
fourth turn left, (a) and (b) exercises.....12 counts

**BY PAIRS:**

- Number one kneel right, left arm upward and  
rise to position.....13 to.....16 counts
- Number two encircle number one.....13 to.....16 counts
- Repeat all same right.....1 to.....16 counts
- Run off on the end of the music.
- Repeat from the very start of the chorus of music, Oceanic Roll.
- Divide this lesson in two or more parts. Take each part for a lesson,  
then later take all with the chorus of the Oceanic Roll.
- Publishers, Hunthlet Music Store, St. Louis, Missouri.

**The June Bug Dance.****PART I.—LESSON III.****EXERCISE I:**

- (a) Balance step, hop left (raise right leg in-  
ward, right knee high bent, instep and  
left toes tense, downward) with left  
arm circle over head, right arm circle  
in front of body.....one.....two
- (b) Balance step, hop right, with right arm  
circle over head, left in front of body.....three.....four
- (c) Gallop step sidewise twice, with arms side-  
wise.....five.....six
- (d) Rear step right in back of left foot and  
three-fourths twirl right backward,  
arms circle over head.....seven.....eight
- All facing toward left.

## REMARKS:

On the eighth count always be facing in opposite direction and finish at the start. (Square left.)

Repeat three times.....24 counts

Repeat same right (square right).....32 counts

## PART II.

## EXERCISE I:

- (a) Glide hop left obliquely forward, left arm obliquely forward upward, right arm obliquely backward, eyes to left hand.....two
- (b) Balance step right backward (raise left leg and knee high, toes inward toward the right) with right arm circle over head, elbow bent, left arm and elbow bent in front of body.....three.....four
- (c) Circle hop on left foot in place, right leg extended backward, right knee slightly bent, foot tense, with left arm obliquely forward upward, right obliquely backward, eyes up to left hand.....five.....eight
- Repeat same right.....8 counts
- Repeat all three times.....48 counts

## PART III.

## EXERCISE I:

- (a) Walk three steps obliquely forward with arms obliquely upward (amplified).....one.....three
- (b) One-half turn right on left foot, and lunge right backward, with bending trunk forward, arms forward downward.....four
- (c) Slowly raise trunk, with arms sidewise upward to arm circle over head in amplified position.....five.....eight
- (d) Return as (a) and (b) exercises.....8 counts
- Repeat all on the right side.....16 counts

## PART IV.

## EXERCISE I:

- (a) Change step sidewise left with side step left hop, (right lower leg raised backward upward) with double arm horizontally right, head turn and eyes left.....count one and two and
- (b) Arms downward to opposite side, with change step right sidewise and hop step right, left lower leg upward, head and eyes turned to the right.....three and four and
- (c) Circle left, starting with left foot, polka step left with right arm circle over head, left arm circle in front.....five and six and
- (d) Cross step right over left foot and polka step right, with arm circle left over head, right arm bent in front.....seven and eight and

- (e) Repeat same opposite.....eight and
- (f) Repeat all left and right.

PART V.

EXERCISE I:

- (a) Repeat all of Part I without the arm exercises.....64 counts

PART VI.

Finis Music.

EXERCISE I:

- (a) Lunge left forward obliquely, with bending trunk forward, left finger tips at left foot, slowly.....4 counts
- (b) Slowly raise trunk backward, right knee bent, left leg extended with left arm upward, eyes up, right arm and hand obliquely sidewise down (amplified position).....five.....eight

REMARKS:

Divide this lesson into five parts (or more). Take each part for a lesson, then later take all parts with music.  
The June Bug Dance, by Edward Holst, published by Wm. Robifing and Son.

BREATHING EXERCISE:

As in Glow Worm exercise.

A Spanish Dance.

LESSON IV.

Music: "Seguidilla." Each dancer has a pair of castanets.

CLASS FORMATION FOR PART I.

—	—	—	—
—	—	—	—
—	—	—	—
—	—	—	—
T	T	T	T
T	T	T	T
1	2	3	4

- |   | Counts |
|---|--------|
| 1. Rocking step left oblique forward and right oblique backward with swinging arms left oblique forward and right oblique backward..... | 12     |
| Execution—Step left obliquely forward, draw the right instep to left heel and swing arms oblique forward....                            | 1 – 3  |
| Step right oblique backward, draw left foot back to right on point and swing arms backward.....   | 4 – 6  |
| 2. 4-4 turn left (waltz) with arms to a circle over head.....   | 1-12   |
| 3. Repeat 1.....  | 1-12   |
| 4. Repeat 2.....  | 1-12   |



## PART II.

## SPANISH DRAW:

	Counts
1. Four times to left, left arm to half circle over head.....	1-12
2. Four times to right, right arm to half circle.....	1-12
3. Four times to left, left arm to half circle.....	1-12
4. Four times to right, with pirouette right 4-4 turn.....	1-12

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Execution of draw—Step left foot to side, draw right to left, pointing to right side, right heel to left instep, trunk is bent slightly sidewise to draw.

## PART III.

1-4. Repeat Part I.....	48
-------------------------	----

## PART IV.

1. Lunge left oblique forward, kneel on right knee and arms to a circle over head.....	1- 3
Circle trunk from right to left twice.....	4- 9
Rise and pirouette right.....	10-12
2. Stamp once with left foot and twice with right.....	1- 3
Repeat three times.....	4-12
3. Repeat 1 opposite.....	1-12
4. Repeat 2 opposite.....	1-11

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## PART V.

T	T	T	T
1	2	3	4

	Counts
1. The center two, 2 and 3, encircle the ones on outside, 1 and 4, by passing in front first with four (4) flying turns; during this time the outer ones take cross-point step in front with outer foot, trunk bent forward, arms to a circle over head; they stand in this position from 1-9, pirouette inward.....	10-12
2. The center two, 2 and 3, Spanish draw outward behind 1 and 4. The outer two, 1 and 4, do one mazurka and one rocking step inward, the same outward.....	1-12
3. The center two, 2 and 3, one mazurka and rocking step outward and inward, the outer two, 1 and 4, face inward and glide forward with hopping twice on left, right leg extended backward, left arm oblique forward upward, right back downward, repeat right, left, pirouette and face to front.....	1-12
4. Rocking step backward of 1 and 4, and forward of 2 and 3, so as to form in fours side by side in open order; they all have changed places now and stand as follows.....	1-12

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T	T	T	T
2	1	4	3

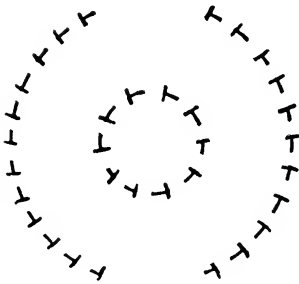
PART VI.

- 1-4. Repeat Part V, 1 and 4 do flying turn..... 48

PART VII.

	Counts
1. All balance left, right, left and pirouette.....	1-12
Execution—Step left sidewise, point right foot in front with rising on toes and sink, same opposite.....	1-12
2. Repeat 1 opposite.....	1-12
3. Repeat 1 of Part IV.....	1-12
4. Repeat 2 of Part IV, instead of the stamping form two circles for next part.....	1-12
	<hr/> 48

PART VIII.



With finishing 4, Part VII, they form two circles. In the inner circle eight (8), outer circle sixteen (16).

In the inner circle left side to center.

In the outer circle right side to center.

The forming of these two circles is done in walking.

1. The outer circle repeat 1 and 2 of Part I..... 1-24

The inner circle repeat 2 and 1 of Part I..... 1-24

2. All mazurka and rocking step left and right..... 1-12
3. Repeat 2, instead of last rocking step, pirouette..... 1-12

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48

PART IX.

- 1-4. The outer circle perform Spanish draw as in Part II.  
The inner circle step cross-swing and hop right and left with left and right arm to a half circle over head with each step, this is done left around in the circle.... 1-48

PART X.

1. The outer circle perform four draws inward..... 1-12
- The outer circle perform two flying turns outward with two draws..... 1-12
- To the first 12 counts the inner circle making two flying turns outward with two draws, to the second 12 counts the same opposite (toward the center).
2. In the outer circle face in couples, grasp right hand and circle right once around, with a step cross-swing and hop 1 to 9, pirouette 1 to 12..... 1-24
- During this time the inner circle to draw inward and outward each..... 12

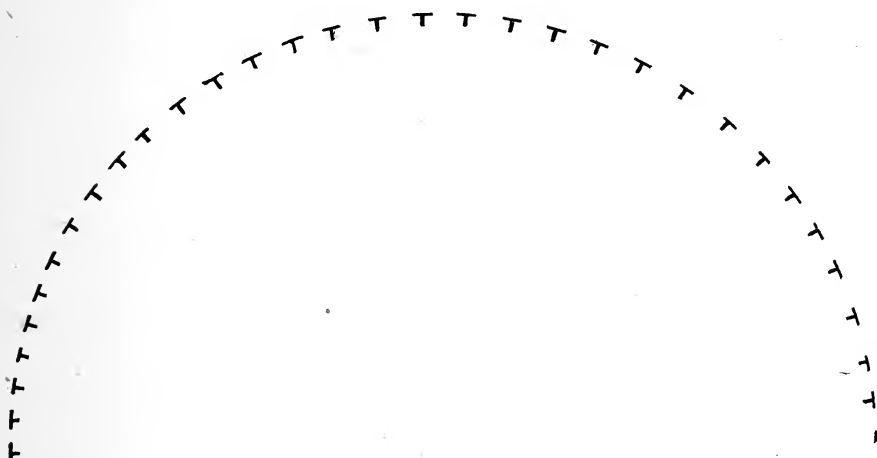
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## PART XI.

1. All form a half circle and face front..... 12

BACK



FRONT OF STAGE

Music—"Seguidilla." Hunthlet Music Store, St. Louis, Missouri.

## AMERICAN SCHOOL DANCES.

### Roumanian Polka.

#### FORM COUPLES—LESSON I.

Position, side by side with arms crossed in rear, hands at waist.

#### 1. STEP:

1. Point left obliquely forward. 2. Cross left in rear and point on toe. 3. Three steps left oblique (run quickly). 4. Kick or raise right leg to the right. 5-8. Repeat the same to the right.

#### 2. STEP:

1-2. Glide two-step left oblique. 3-4. The same to the right. 5-8. The run-around. Partner to the left run in a circle backward and the one to the right in a circle right once around (twice later) in eight small steps, faces turned toward partner.

Music—"Roumanian Polka," by Johann Strauss.

### Varsovienne Mazurka.

#### LESSON II.

Position the same as in the Butterfly Schottish.

#### 1. STEP—GENTLEMEN:

1-2. Step backward and close right, in back of lady, both arms bent and hands at height of shoulders. 3-4. Step forward left and point sidewise right on right side of lady. 5-6. Rest. 7-12. Return by stepping backward right and pointing left. 1-12. Repeat all.

## LADY:

1-2. Step sidewise left and close right, in front of gentleman.  
 3-4. Step sidewise left and point sidewise right on left side of gentleman.  
 5-6. Rest. 7-12. Return by stepping right and pointing left. 1-12.  
 Repeat all.

## 2. STEP, BOTH:

1-6. Two mazurka hops obliquely forward. 7-12. Change places  
 as 1-6 in 1 Step. 1-12. Repeat, beginning to right.  
 Music—"Aline."

**Straightaway Yorke.**

## LESSON III.

Position, standing face to face with arms sidewise, hands grasped  
 at height of shoulders.

## 1. STEP:

1-3. Face to face. Two glides in the direction and a kick sidewise.

## 2. STEP:

4-6. Face forward and place forward hand on hip, and beginning  
 with raised foot walk forward three steps.

## 3. STEP:

7-9. Turn back to back and in the same direction two glides and  
 kick. The arms are extended in that direction.

## 4. STEP:

10-12. Face forward and beginning with raised foot walk three  
 steps forward.

Music—Any Mazurka.

# *Gymnasium*

APPARATUS LESSON FOR  
HIGH SCHOOL





**Horizontal Bar (Shoulder Height) (Boys).**

Note—In front side stand, hands on bar in ordinary grasp. Step backward nearly to front leaning hang, then run under bar as when taking a long swing and add the following:

**EXERCISE I:**

- (a) Raise both legs upward, feet to bar.....one
- (b) Lower the same and bend arms.....two
- (c) Down.....three

**EXERCISE II:**

- (a) As Exercise I, but pass left leg under bar, then over  
the same to knee hang.....one
- (b) Knee swing up forward.....two
- (c) Place left hand on the outside of left thigh in reverse  
grasp, then screw dismount forward with one-  
half turn left.....three

**EXERCISE III:**

- (a) As Exercise II to knee hang.....two
- (b) Instead of knee swing up forward, swing up backward.....three
- (c) Pass right leg over bar and under the right hand to  
back in side rest.....four
- (d) Lower body forward to hips and swing off backward  
to front side stand.....five

**EXERCISE IV:**

- (a) As Exercise I, to raising feet to bar and kipp (up start)  
forward to front rest.....two
  - (b) Raise both legs backward to momentary free front  
rest, then lower to bar and front hip, circle  
backward, once around the bar.....three.....four
  - (c) Under swing and down.....five
- See suggested games on pages 123-135-203.

**Horizontal Bar (Reach Height) (Boys).****SWING EXERCISES.****EXERCISE I:**

- (a) Jump to hand hang (upper grip), swing for-  
ward and backward, on the next end of  
the fore swing, circle left leg up on the  
outside of left hand to resting position.....two
- (b) Circle left leg over left bar and drop back-  
ward into kipp (feet close to bar) and  
swing upward in the back swing to free  
arm support.....three.....four
- (c) Body circle backward to free arm support.....five.....six
- (d) Under swing to rear stand.....seven.....eight

## STRENGTH EXERCISES.

## EXERCISE II:

- (a) Jump to reach height, upper grip, pull up to bend arm hang, elbows bent.....one.....two
- (b) Stem up with left elbow and following with right to free arm support.....three.....four
- (c) Circle forward in wrist hang, elbows bent, legs forward to right angles.....five.....six
- (d) Squat thorough to inverted hang (head up).....seven.....twelve
- (e) Release left hand with a one-half turn left backward and regrasp with the left to front hang.....thirteen.....fourteen
- (f) Jump off forward to rear cross stand.....fifteen.....sixteen

## REMARKS:

Divide each exercise into parts. Each letter for a lesson, then later add all letters and gradually develop all into one exercise.

## Parallel Bars (Head Height) (Boys).

## SWING EXERCISE.

## EXERCISE I:

- (a) Run and jump to upper arm hang in center of bars. Swing legs forward high over body and on the back swing kipp forward to free arm support.....one.....four
- (b) Roll forward in upper arm hang to straddle position.....five.....six..
- (c) Raise legs forward to right angle, swing backward and over right bar to side stand left.....seven.....eight

## STRENGTH EXERCISE.

In front stand at end of parallel bars.

## EXERCISE II:

- (a) Jump and circle left leg inward over left bar, cut under left hand, over to right bar, the right leg at the same time swings forward over to right bar into sitting position on right bar.....one.....two
- (b) Five-eighths turn left with swinging right leg inward over left bar into straddle position, hands in rear.....three.....four
- (c) Dip swing backward and scissors backward position, hands in front.....five.....six
- (d) Swing forward, body and legs tense, with a one-half turn left over right bar to side stand right.....seven.....eight

## REMARKS:

Divide this lesson into four parts. Take each part for a lesson. Then later develop all the lessons into this strength exercise.



**Parallel Bars (Low) (Boys).**

In front cross stand—hand on end.

**EXERCISE I:**

- (a) Jump up to straight arm rest, raise both legs.....four  
forward between bars to right angle.....one
- (b) Pass left leg over left bar, bent left knee in front  
of left hand and swing right leg backward,  
between bars.....two
- (c) Swing both legs forward to right angle.....three
- (d) Down with the back swing.....four  
Repeat opposite side.

**EXERCISE II:**

- (a) As Exercise II, to swinging both legs forward.....one.....three
- (b) Then add immediately rear vault right.....four

**EXERCISE III:**

- (a) As Exercise I—1-2, then swing right leg forward,  
pass over left bar to outside cross seat on  
right thigh, the left leg extending as the  
right meets the same.....three.....four
- (b) Swing both legs forward and rear vault right  
over both bars.....five

**EXERCISE IV:**

- (a) As Exercise I.....one.....two
- (b) Swing and continue backward swing of the right  
leg, pass right leg backward over left bar  
and immediately one-half turn right through  
the leaning rest and lower to cross seat on  
left thigh and grasp position behind.....three
- (c) Swing both legs backward, then forward and  
rear vault left (over right bar).....four.....five

See suggested games on pages 123-135-203.

**Side Horse (Girls and Boys).**

A short run precedes all exercises.

**EXERCISE I:**

- (a) Squat rest in saddle.....one
- (b) Stand erect.....two
- (c) Dismount forward and swing arms forward up-  
ward in flight, in deep knee, bent position,  
arms forward.....three.....four
- (d) Stand erect.....five

**EXERCISE II:**

- (a) Squat vault forward, and extend both legs for-  
ward, then down.

**EXERCISE III:**

- (a) Deep knee bend left in saddle and place right  
foot on croup (right knee stretched).....one
- (b) Stand erect (feet remain apart).....two
- (c) Dismount forward with one-fourth turn right,  
swing arms sidewise, upward and clap hands  
over head in the flight, etc.....three.....four

## EXERCISE IV:

- (a) Wolf vault forward right (left), over horse to rear stand.....one.....two

## EXERCISE V:

- (a) Jump to straddle stand (feet on neck and croup of horse), stand erect.....one  
 (b) Jump off forward with swinging arms forward.....two

## EXERCISE VI:

- (a) Run and straddle over saddle to rear stand.....one.....two

**Long Horse (Hip Height) (Boys).**

## EXERCISE I:

- (a) Run and jump forward to lying support (hands on neck of horse, legs and body in free rest on hands and feet) head up.....one.....two  
 (b) Straddle vault off forward to rear stand.....three.....four

## EXERCISE II:

- (a) Run and leap over long horse, at the end of jump make a one-half turn left to front stand, hands on neck.....one.....four

## REMARKS:

In jumping exercises on the buck or long horse, always have a monitor or two to watch and prevent accidents. Monitors should always stand close to apparatus for quick action until exercise is perfect.

**Double Bucks (Height Four Feet) (Boys).**

The bucks are placed lengthwise and parallel to each other about two feet apart. If a spring board be used place the same against the feet of the buck legs in center. A short run precedes all exercises.

## EXERCISE I:

- (a) Jump to free arm support (left and right hand on respective buck) swing forward and light on the mat to half bent knee position.....one.....two

## EXERCISE II:

- (a) As Exercise I, with one-fourth turn left (to half knee bent) to side position.....one.....two

## EXERCISE III:

- (a) As Exercise I, with one-half turn left, to front cross stand.....one.....two

## EXERCISE IV:

- (a) As Exercise I, but circle right leg forward over right buck (stride vault forward right to rear cross stand).....one.....two

## EXERCISE V:

- (a) As Exercise I, but circle right leg forward over right buck (stride vault right with one-fourth turn left to side stand.

## EXERCISE VI:

- (a) As Exercise I, but circle both legs forward over right (flank vault right) to rear cross stand.....one.....two

## EXERCISE VII:

- (a) As Exercise IV, to arm support; swing backward between bucks, then circle left leg forward over left buck and light to rear cross stand.

## EXERCISE VIII:

- (a) As Exercise VII, but with both legs over the right buck (flank swing) swing backward, then both legs forward over the left buck to rear cross stand.

Exercise free for all.

## Climbing Poles (Two) (Boys).

## EXERCISE I:

- (a) Jump to straight arm hang; raise knees forward, lower legs, down.....one.....two

## EXERCISE II:

- (a) Jump to straight arm hang, raise knees forward and one-half turn backward (legs between arms) turn forward and lower legs; down, repeat once.....one.....two

## EXERCISE III:

- (a) As Exercise II, but three-fourths turn backward, with instep placed a few inches above hands against the poles and flex back to bird's nest; return and down. Repeat once.

## EXERCISE IV:

- (a) As Exercise III, and extend left leg backward; return and down. Repeat with extending right leg backward.....one.....two

## EXERCISE V:

- (a) As Exercise II, but continue the 4-4 turn backward and extend both legs downward to back hang; return and down. Repeat once.

## EXERCISE VI:

- (a) Jump to straight arm hang and lower legs, place around left pole left foot is over right foot, then climb to upper end, both hands to move simultaneously. Descend in same manner.

## EXERCISE VII:

- (a) As Exercise Six, around right pole.

## EXERCISE VIII:

- (a) As Exercise VI, but change position of legs from left to right pole alternately after each pull up to upper end; lower legs to straight arm hang and descend by the hands left and right alternately.

**Vertical Ladder (Girls and Boys).****EXERCISE I:**

- (a) Walk up backward, move hands upward,  
alternately upon rounds to center of ladder.....one  
(b) In hand hang, but keep right foot on round.....two  
(c) Raise left knee forward upward.....one  
(d) Lower to foot round.....two  
Same right knee.....one.....two  
Repeat alternately several times.

**EXERCISE II (Boys):**

- (a) In hand hang raise both knees to right angle.....one  
(b) Extend both legs forward to right angle.....two  
Return.....three  
(d) Legs down to hand hang position.....four  
Repeat once more.....four

**EXERCISE III:**

- (a) In hand hang, raise legs sidewise.....one  
(b) Close legs.....two  
Repeat several times.

**EXERCISE IV:**

- (a) In front, in stride stand left of ladder, hook left  
foot under third round from bottom.  
(b) Bend trunk sidewise right with both arms over  
head.....one  
(c) Straighten trunk, arms down.....two  
Repeat several times.

**EXERCISE V:**

- (a) Same right side.....one.....two  
Repeat several times.

**EXERCISE VI:**

- Climb to seventh round in sitting position.....one.....two  
(a) In knee hang lower trunk backward and down-  
ward, arms down.....one  
(b) Swing up to sitting position, hands on front round.....two  
Repeat several times.

See suggested games on pages 123-135-203.

**Oblique Ladders (Girls and Boys).****EXERCISE I:**

- (a) Walk up very carefully to center ladder, arms  
sidewise.....one  
(b) In cross sitting position on any round of ladder,  
arms sidewise.....two  
(c) Lower trunk backward lying on ladder.....one  
(d) Return to sitting position.....two  
Repeat four times.  
(e) Grasp front round and drop into hand hang  
and down.....one.....two

**EXERCISE II:**

- (a) In front lying support, bent elbows.....one  
(b) Straighten.....two  
Repeat several times.

**EXERCISE III:**

- (a) In front lying support raise left and right leg alternately backward several times.

**EXERCISE IV:**

- (a) In front lying support, turn over forward between two rounds to hand hang and down.

**EXERCISE V:**

- (a) Boys—In lying support crawl upward to center of ladder, raise left and right knees forward upward alternately several times.

**EXERCISE VI:**

- (a) Boys—As Exercise V, but raise with extended left and right legs upward to right angle alternately several times.

**EXERCISE VII:**

- (a) Boys—Under ladder in rear hand hang, upper grip on round, pull up to front lying support, straddle sitting position on both beams, slide down to front stand.

**Horizontal Ladder (Reach Height) (Girls and Boys).****EXERCISE I:**

- (a) Jump to straight arm hang, hands in outside grasp on beam and travel forward to farther end with lower legs raise backward....down.

**IN REAR CROSS STAND.****EXERCISE II:**

- (a) As Exercise I, but travel backward with knees raised forward.....down.

**EXERCISE III:**

- (a) As Exercise II, but inside grasp on beams and travel forward with both legs spread wide sidewise.....down.

**EXERCISE IV:**

- (a) As Exercise II, but with side swinging (legs extended and held together).....down.

**EXERCISE V:**

- (a) As Exercise II, backward with side swinging (legs extended and held together).....down.

**EXERCISE VI:**

- (a) As Exercise IV, backward with side swinging (legs extended and held together).....down.

**Rings (Head Height) (Boys).**

Jump up to bent arm hang (elbows bent).....position

**EXERCISE I:**

- (a) Extend left and right arm forward alternately....one.....four

## EXERCISE II:

- (a) Extend left and right arm sidewise alternately....one.....four

## EXERCISE III:

- (a) Extend left and right arm upward alternately....one.....four

## EXERCISE IV:

- Repeat all three exercises in combination left and right alternately.

**Rings (Reach Height) (Girls and Boys).**

## EXERCISE I:

- (a) Swing forward and backward repeatedly, beginning with a running start, repeat same with each forward swing. Alight to firm standing position (deep knee bending, etc.) end of last backward swing.

## EXERCISE II:

- (a) Swing forward and backward with running starts, three times; raise body to hang support position with arms bent on third backward swing; swing forward and backward three times (alight end of third backward swing).

## EXERCISE III:

- (a) Swing forward and backward short swings, three times; raise body to hand support position with arms bent of third backward swing, swing forward and backward three times (alight end of third backward swing).

## EXERCISE IV:

- (a) Swing forward and backward with running starts three times; bend arms and raise knee end of last forward; swing; alight end of next backward swing.

## EXERCISE V:

- (a) Same as Exercise IV, but bend arms and raise knees end of third backward swing; alight end of next forward swing.

## EXERCISE VI:

- (a) In hand hang, circle left with both legs (describe small circle, legs and feet extended; increase size of circle).

## EXERCISE VII:

- (a) Repeat Exercise VI same right.

## EXERCISE VIII:

- (a) Boys—Run forward and swing backward forward and pull up to bent arm hang, swing backward forward and backward to end of swing to front stand.

**EXERCISE IX:**

- (a) Boys—As Exercise VIII, but pull up to stem support, in forward swing rings in rear of hip, close together, swing backward and forward, backward at the end of this swing, stretch arms into hand hang and off into front stand.

**EXERCISE X:**

- (a) Try the swing kipp to support.

**Giant Stride (Girls and Boys).**

Class formation and marching order. If eight ropes to a Giant Circle, then form eight files; if six ropes, then form six files, class five or more deep.

**EXERCISE I:**

- (a) Grasp with right hand the second round from the top, left hand on third round from the top, lean outward, run on circle once around with ropes tense, same right.

**EXERCISE II:**

- (a) Same grasp as in Exercise I, run three steps....one....two....three  
 (b) And swing body and legs outward, tense, feet off from floor.....one....two....three  
 Repeat several times.

**EXERCISE III:**

- (a) Repeat Exercise II, right.

**EXERCISE IV:**

Grasp opposite partners side of ropes, head height.

- (a) With arms extended, bend trunk backward, head back.....one  
 (b) Return.....two  
 Repeat several times.

**EXERCISE V:**

- (a) Hook right knee over second round from bottom.  
 (b) Right hand grasp second round from top.  
 (c) Left hand grasp opposite partners, rope ladder on the right side (upper grip).  
 (d) Run momentarily left for momentum.  
 (e) Hold firmly and drop body sidewise left, legs cross and extended into horizontal position.  
 (f) Cross legs right, arms extended, hold firmly.  
 (g) Work downward on the side rope of partner until the hands come down to second round from bottom.  
 (h) Circle around several times.

**REMARKS:**

Some outsider can occasionally grasp ropes and run once around in order to give a little more momentum. Whatever you do, hold tight until at a given signal all stop.

## EXERCISE VI:

- (a) Repeat Exercise IV right.

## Stall Bars (Boys and Girls).

In rear hand-hang—position.

## EXERCISE I:

- (a) Raise left knee to right angle.....one.....halt  
 (b) Lower.....two.....halt  
 (c) Same right to right angle.....three.....halt  
 (d) Lower.....four.....halt  
 Repeat same exercises but omit the word halt.....one.....sixteen

## EXERCISE II:

- (a) Raise both knees to right angle.....one.....halt  
 (b) Lower.....two.....halt  
 Repeat same omitting the word halt.....one.....sixteen

## EXERCISE III:

- (a) Raise both legs extended to right angle.....one.....halt  
 (b) Lower.....two.....halt  
 Repeat several times.

## EXERCISE IV:

- In front stand, reach and grasp with both hands the  
 12th round from the bottom, head back.....position  
 (a) Place left foot on 4th round from bottom.....one  
 (b) Return.....two  
 (c) Place right foot on 4th round from bottom.....three  
 (d) Return.  
 Repeat several times.

## EXERCISE V:

- In front stand leg distance from stall and hook left  
 foot or instep on fifth or sixth round from  
 bottom.....position  
 (a) Bend trunk backward and swing arms sidewise,  
 hand in rear of neck.....one.....two  
 (b) Return.....three.....four  
 Repeat several times.

## EXERCISE VI:

- Grasp with both hands the 12th round from bottom  
 (upper grip) and place both feet on the fifth  
 or sixth round from bottom. Body erect,  
 legs straight.....position  
 (a) Bend knee deep to squat position.....one  
 (b) Raise with extended legs.....two  
 Repeat several times.

## EXERCISE VII:

- In side cross stand, grasp with left hand the top  
 round (elbow bent) place left foot on the  
 second or third round from bottom.....position  
 (a) Extend right leg and arms sidewise.....one.....two  
 (b) Return to position.....three.....four  
 Repeat several times.



**EXERCISE VIII:**

- In front hand hang.....position  
 (a) Raise lower legs backward, head back.....one  
 (b) Return.....two  
 Repeat several times.

**EXERCISE IX:**

- In lying position flat on back, arms extended.....position  
 (a) Raise legs forward upward to right angles and  
     over, touching with toes the fifth round.....one.....two  
 (b) Return to position.....three.....four  
 Repeat several times.

**EXERCISE X:**

**STALL BAR BENCHES.**

- In sitting position facing bars. Legs extended with  
     both feet under second round from bottom.  
     Hands on hips.....place  
 (a) Bend trunk backward.....one  
 (b) Return.....two  
 Repeat several times.

**EXERCISE XI:**

- Arms down.  
 (a) Bend trunk backward and swing arms upward.....one  
 (b) Bend trunk forward and touch instep.....two  
 Repeat slowly several times.

See suggested games on pages 123-135-203.

**Low Horizontal Bar (Boys).**

(Shoulder Height) In combination with high jump.

**High Jump.**

Note—The jumping standards placed about three feet in front (far side) of the bar. Start the cross-bar at about three feet and raise the same two inches higher after every jump of the division or class.

**EXERCISE I:**

- Upper grip.  
 Jump upward for start, underswing and pass over cross bar.

**EXERCISE II:**

- Jump to position of front rest; 4/4 circle twice with left leg (to front rest), then under swing over cross bar.

**EXERCISE III:**

- Front hip wheel backward to front rest; one-half circle right with left leg to cross rest; drop swing backward and squat left forward and underswing and over jumping bar.

**EXERCISE IV:**

- Jump upward for start; raise ankles to bar, kipp to free front rest, drop swing, underswing, etc.

**EXERCISE V:**

- As Exercise 3 to front rest; one-half circle with both legs to rear rest; drop swing, squat forward, underswing, etc.

**EXERCISE VI:**

As Exercise 4 to front rest, immediately free front kipp circle backward, underswing, etc.

**Window-Jump.**

The jump standards to be placed as for high-jump, two small ropes or cross bars may be used, one placed above the other. The lower cross bar is two feet and six inches from the bottom. The upper cross bar is six feet high. After every jump of the division move the cross bars closer. Lower the top bar two inches. Raise the bottom bar two inches. This order continues until the space is too small to clear. The record in clearing space is 26 inches.

- (a) Spring off of left (or right) foot, swing both legs (well flexed) and arms forward with the head lower to a half knee position.

**Tumbling (Boys).****ROLL OVER BACK.****EXERCISE I:**

Select two boys of equal height and weight, stand back to back and grasp hands. The bottom one then leans forward while the top one places his weight on the other and at the same time bending at the hips and knees, immediately straightening them on beginning of the descent.

**CART WHEEL.****EXERCISE II:**

This is best done from a run, placing the hands, first the left, then the right and spreading the legs fully extended to form the spokes of a wheel, hence the name.

**FORE ARM STAND.****EXERCISE III:**

Practice this against the wall. Place the fore arm on the floor, palms of the hands down, then turn up to stand. Push away from wall with feet to strike a balance.

**REVERSE PICK-A-BACK.****EXERCISE IV:**

The bottom man stands on all fours with the top man astride of him, then the bottom man rises grasping the ankles of the other.

**BEND THE GRAB.****EXERCISE V:**

Learn this from lying position on the back. Place the hands on the floor behind the shoulders and raise the knees placing the feet wide apart and as near the hands as possible, then with a pushing motion of hands and feet lift the body from floor.

**ELEPHANT.****EXERCISE VI:**

No. 2 jump to straddle position, legs around No. 1 waist, ankles cross No. 2, bend backward downward between No. 2 legs and grasp No. 1 ankles, head up, No. 1 bend forward, hands upon floor, arms extended, head up and start to walk on hands and feet.

**In Mass Work—Wrestling.**

On hands and knees. Wrestling exercises limited. Resistance.

- (a) Quarter, left and right arm "Nelson."
- (b) Half, left or right "Nelson."
- (c) Full, both hands "Nelson."
- (d) Half, "Nelson" and "Far-arm."
- (e) Half, "Nelson" and "Near leg."
- (f) Head and ankle.
- (g) Waist and far leg.
- (h) Chancery.

Learn the holds carefully. Then later turn opponent upon two shoulderblades, counting a fall.

**Boxing.**

Straight blows.

- (a) Left hand.
- (b) Right hand.
- (c) Alternately.
- (d) Successively.

Hooks (Sidewise blows):

- (a) Left hand.
- (b) Right hand.
- (c) Alternating.
- (d) Successive.

Upper cut:

- (a) Left.
- (b) Right.
- (c) Alternating.
- (d) Successive.

Repeat boxing group with the shifting of the feet.

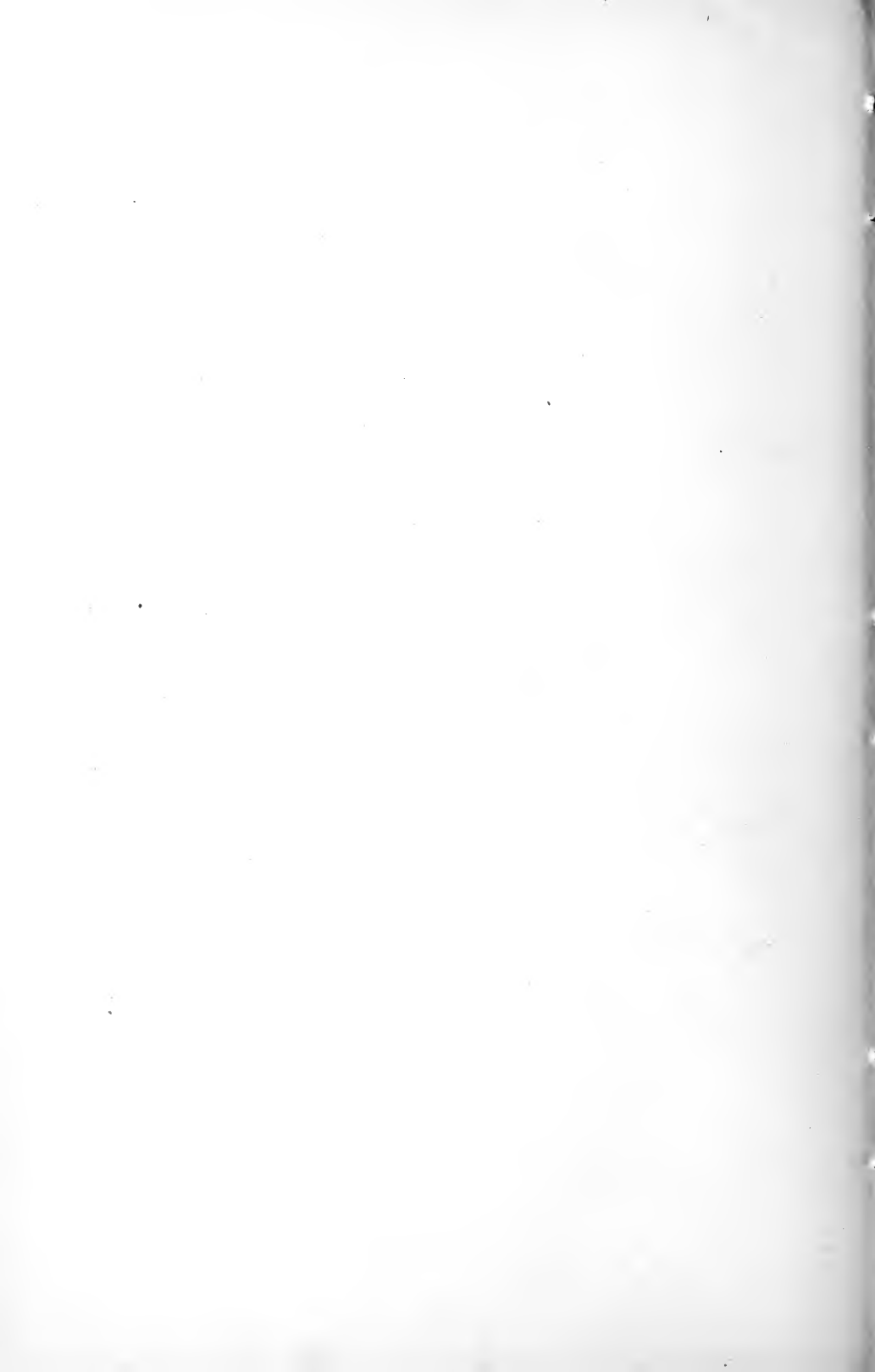


# *High School*

THIRD AND FOURTH YEAR

*Games of Competition*





## **GAMES.**

1. Captain Ball.
2. Volley Ball.
3. Basket Ball.
4. Hand Ball.
5. Soccer Football.
6. Tennis.
7. Football.

See any sporting book on rules of Spalding Athletic Library in ball games.

### **Athletic.**

Including first and second year athletics.

1. Pole vaulting.
2. Hurdle race.
3. Field and track work.
4. Contest between gymnastic, athletic teams.
5. Competitive form of exercises.
6. Military exercises, etc.

### **Athletics in the High Schools.**

Athletics in the High School should be in charge of a Board of Directors elected annually by the boys of the school, and consists of four representatives from the highest or "A" grade, three from the "B," two from "C," and one from "D" or lowest grade.

This board controls all games and contests of the school, but is responsible to an "Advisory Committee," which consists of three or four teachers appointed by the principal of the school. Later a state council will be appointed to make all rules and regulations for athletics. The state athletic council will be appointed by the state superintendent.

See suggested games on pages 123-135.



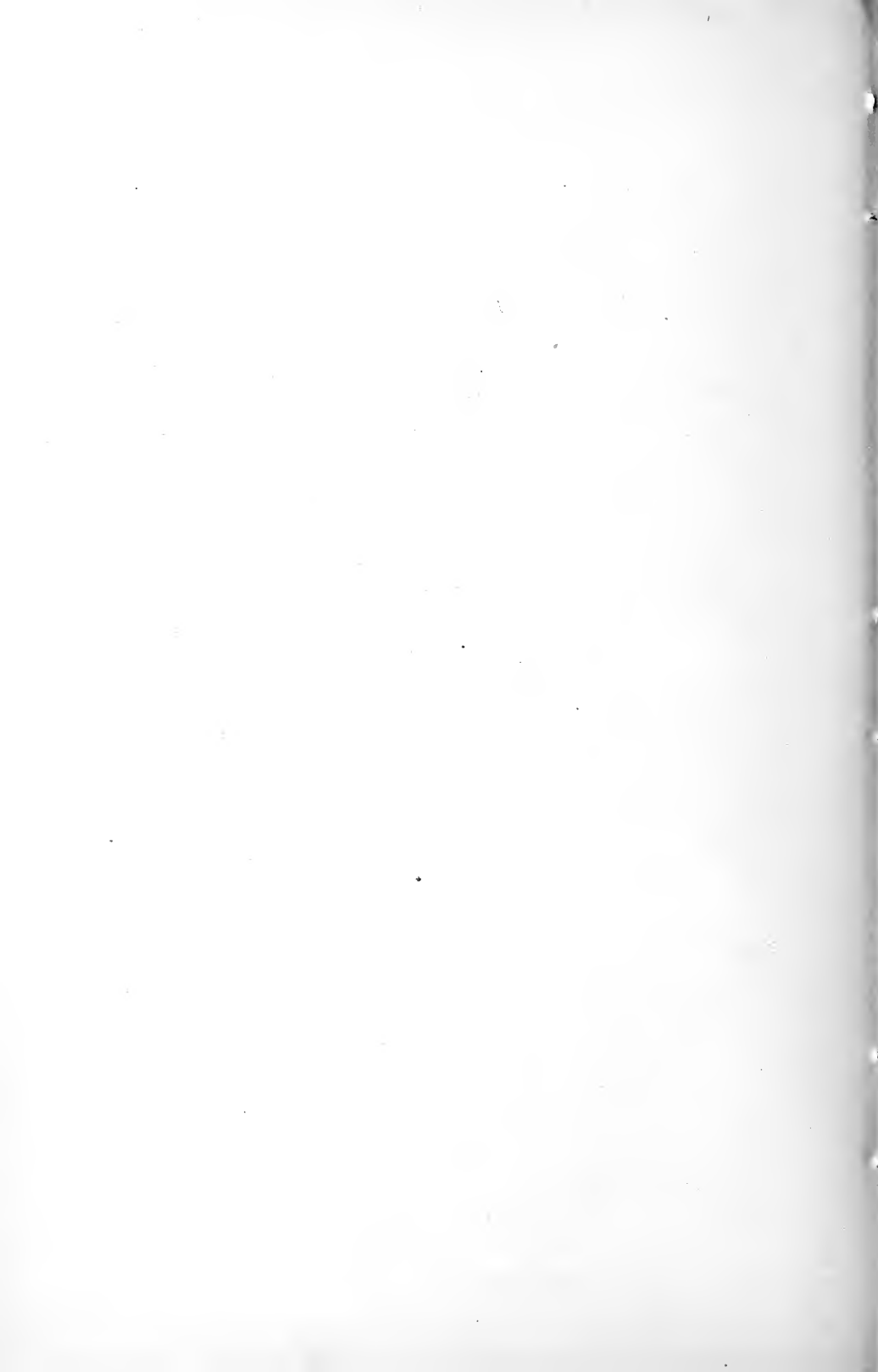


## *Fourth Year Course of Study*

### IN PHYSICAL TRAINING FOR HIGH SCHOOL AND FOURTH YEAR APPARATUS GYMNASTICS



Exercise for strength, skill and grace; increased demands in coordinate activity in various combinations for typical forms, leading to endurance. Training for track and field work. Competitive forms of activities. Running, pole vaulting, hurdling, high and broad jumping, iron shot put, discus, spear throwing, dancing, etc.



## **I. Tactics.**

- (a) General tactics of the preceding year.
- (b) Review the marching movements at a run.
- (c) In single ranks (form front to flank and vice versa).
- (d) Facing steps, marching, guiding left or right at a halt, wheeling, etc., as last year.

## **II. Free Exercises.**

- (a) Review the essential exercises of first and second year course.
  - Free exercises.
  - Wand exercises.
  - Dumb-bells exercises.
  - Indian Club exercises.

## **III. Rhythmic Steps.**

- (a) Marching in common and fast time.
- (b) Leg movements while marching and running.
- (c) Marching with two and four movement arm exercises, a movement on the first of four or two steps.

## **Dancing Step.**

- (a) Review the steps of the preceding grade in the dancing lesson with music.
- (b) (Polka rhythm) (Mazurka rhythm) (Schottish rhythm) (Waltz rhythm).
- (c) Combine two steps of like rhythm.
- (d) Alternate marching steps with dancing steps.
- (e) Appropriate character and Folk Dance by Elizabeth Burchenal. Games, track and field work, miscellaneous.

## **Activities.**

- (a) Games:
  - 1. Develop the finer points of the team games of last year.
  - 2. Increase the difficulty of the more vigorous gymnastic games.
- (b) Track and Field Events:
  - 1. Review previous events, work for correct form.
  - 2. Low hurdles, pole vault, hop-step-jump.
  - 3. Shot Put (16 lbs.), (Hurl Ball, 4 lb.)
  - 4. Endurance run.

## **Miscellaneous Activities.**

### **READ REMARKS:**

Make it your business to find out something definite about every boy's outdoor life. Where necessary speak to the boys who need to form the habit of sane outdoor recreative activity. Review the apparatus work of the first and third year.

(Review all complicated exercises of the third year.)

**HIGH HORIZONTAL BAR:**

1. Swing up to knee circle forward to rest.
2. Drop kipp. Trunk wheel forward and backward. Pull up to stem support. Inverted hang, etc.

**LOW HORIZONTAL BAR:**

1. In rest hang squat and rear pull up to sitting position. Double arm wheel. Trunk wheel forward and backward. All exercises with combination of high jumping.

**PARALLEL BARS:**

1. Upper arm hang. Kipp, roll forward and backward. Scissor backward and forward. Circling left and right inward and outward. With one-fourth and one-half turn on end of exercises. Strength exercises.

**LONG HORSE:**

1. Lying support, leaping with one-half turns.

**SIDE HORSE:**

1. Squatting, straddling, dismount forward and backward, wolf jump.

**BUCKS:**

1. Double bucks. Swing forward. One-half turns leg circles, climbing poles raise knees, three-fourths turns,  $4/4$  turns, straddle on opposite bucks.

**VERTICAL LADDER:**

1. Walk forward and backward. Front hang, rear hand hang, raise knees, bending trunk, knee hang.

**SIDE HORSE:**

Support, lying, straddle, vault dismount; scissor forward, vaults with vaults at the end of exercises.

**RINGS—HEAD HEIGHT:**

1. Bend arm hang. Arms extending, thrusting, pull up into bent arm hang. Leg exercises, kipp inverted hang, free pull up to stem support.

**DOUBLE POLES:**

Hand hang, inverted hang, leg exercises, climb on one hold to the other pole. Climb up on two poles.

**HORIZONTAL LADDER, INCLINE VERTICAL LADDERS:**

Hanging with leg exercises (straight and bent arms) traveling on beams and rounds with legs positions (straight and bent arms).

**BALANCE BEAMS:**

Running and skipping on the beams, arm and leg movement in the support mounts, dismount and vaults.

**BUCK—BROAD—HIP HEIGHT:**

1. Jumping, straddling, squat, leg circling, vaulting, scissors.

**STORM BOARD:**

Walk, run, balance, one-fourth turn, one-half turn, jumping, lying support, knee bending, running high jump from storm board.

**TUMBLING:**

1. Roll over back. Cart Wheel, Fore-arm Stand, Reverse Pick-A-Back, Bend the Grab, Elephant.

**WRESTLING:**

With various holds.

**BOXING:**

Straight blows.  
Hooks.  
Upper cut.

**WINDOW JUMPING:**

Spring off with right and left and both feet.  
Low horizontal bar in combination high jump.

**GAMES:**

Athletics.  
Athletics in the high school.  
Athletic associations.

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**UNDERLYING PRINCIPLES OF HYGIENE.**

I. The health work of the teacher, the physical training department and the department of medical inspection should be unified in a way that will give more forceful meaning to their varied yet single purpose—the physical well-being of the child.

II. Health-knowledge without health-practice is educational waste. In fact, establishing health-habits is far more important than the mere furnishing of health-information.

III. Health-practice must very often precede the reason for it, although intelligent appreciation of the general reasons for the practice may often be developed quite early.

IV. Health in the normal condition of the child, and the benefits and possibilities of health should be dwelt upon rather than the morbid horrors of disease.

V. Every subject should be treated from the standpoint of the body as a whole, with the relation of the part, organ, or function under consideration to the whole body.

VI. The teacher should be regarded as the health guardian of the child and the one who, because of her intelligence and daily contact with the child, is best fitted to promote its physical welfare. Her enlightenment on the recognition of the early stages of the most common contagious diseases and the more glaring physical defects should form an important part of any course of study.

VII. Pupils should be given an introductory glance into the intensely interesting and practical subjects of germ life and the important part it plays in the human economy. The necessity of carefully disinfecting pencils that are collected and distributed, and the danger arising from putting the end of the pencil in the mouth, furnished practical illustration of the care needed in order to avoid introducing disease germs into the body.

VIII. The teacher should not only emphasize important matters of personal hygiene but also aim to develop the pupil's intelligence and sympathetic interest in problems of sanitation and health as they per-

tain to the school, the home and the community. This is a first and important step in the larger social service which every pupil, even the youngest, should be taught to render.

### **Hygienic Methods.**

I. The instruction should be associated directly with the daily school, home and community life of the pupil and in so far as possible, be based upon actual conditions and occurrences.

II. The best work is done by "teaching," not by preaching.

III. In the primary grades the instruction should be almost wholly by means of conversation and stories and always concrete. In the grammar grades the instruction should be more formal, but the scientific phases of the subject should be left for the higher schools.

IV. Technical names need not necessarily be used.

V. The teacher herself should be a model of hygienic living and the school environment must furnish a wholesome example of desirable health conditions.

### **Tests of Efficiency of the Teaching.**

I. The success of the personal hygiene teaching will show very largely in the appearance of the pupil while at work and while at play.

II. The success of the home and community phases of work must necessarily be determined very largely by the intelligence and interest displayed by the pupils in the health problems that lie outside of the school.

III. Pupils should be led to appreciate as fully as possible the fact that good health-habits are a real test of the character of their work in physical development, physiology and hygiene and also that such habits have a very direct leaning on the work which they are able to do in the other subjects of study.

The important causes of disease, the chief factors in developing these chronic maladies of the vital organs may be classified as follows:

I. Improper living habits, over-eating, especially of meat and of rich, highly seasoned foods.

II. Too little exercise.

III. Too much exercise, prolonged, exhausting manual labor or athletic exercises.

IV. Abuse of alcohol or tobacco.

V. The disease of vice.

VI. Hard work, in which one has an interest, not carried to the point of undue strain or interference with the normal sleep, exercise, diet, etc., is not in itself harmful. Over-stimulation of any kind, excessive emotional excitement and prolonged mental strain may, however, cause the human mechanism to break down, instead of running down.

Some of the matter on hygiene here printed is from an address by John P. Garber, Ph. D., Superintendent of Schools, Philadelphia.

"Lopsided" brain work and bad hygiene are important factors in bringing on premature disease. The brain-worker needs some physical work and mental play. The manual laborer or mechanic needs some physical play and mental work.

The various causes of chronic diseases are, after all, simple; periodic examination to determine the physical condition, removal of infection, and then regulation of living habits so that the child or individual may

so far as possible, be adjusted to his life work, or his life work adjusted to his physical capacities. These are the simple needs for a healthful nation.

Evidence of need—

(a) Thirty-five per cent. of the men on the first draft were rejected as physically unfit. Allowing for underweight and special sensory defects, neither of which argues general physical unfitness, not less than twenty-five per cent were rejected for real physical unfitness. That means 2,500,000 between the ages of twenty-one and thirty were unfit for military service, therefore unfit to render full measure of service in any capacity; therefore unable to get full returns from life in work and happiness. An equal number of women doubtless suffer from disqualifying defects. Much time was lost in purely physical training and conditioning.

General Pershing said, "I hope never again to see my country so unprepared for healthy physical men as it was during the draft of 1917."

### Health Hints.

1. Air Hygiene.
  - (a) Let in the fresh air.
  - (b) Go out after it.
  - (c) Sleep out if you can.
  - (d) Breathe deeply.
2. Food Hygiene.
  - (a) Eat some crusty or resistant food, some bulky and some raw food at each meal.
  - (b) Eat slowly, chew and taste your food thoroughly.
  - (c) Eat at regular intervals but eat little when not hungry.
  - (d) Take no poison or infection into your body.
3. Activity Hygiene.
  - (a) Secure daily thorough bowel movement.
  - (b) Exercise body and mind daily.
  - (c) Keep erect, standing and sitting.
  - (d) Play a little, have a hobby.
4. Rest Hygiene.
  - (a) Vary your work.
  - (b) Stop occasionally and relax.
  - (c) Keep serene, be courageous.
  - (d) Enjoy sweet sleep and enough of it.
5. Drink without eating and eat without drinking.
6. Drink five glasses of water per day, none with meals.
7. Don't eat cheap, impure candy.
8. Keep feet warm and a cool head.
9. Dress cool when you walk and warm when you ride.
10. Don't sit still with wet feet. Walk until you have a chance to change.
11. After a hearty meal stand up for fifteen minutes.
12. Whenever you walk, stand up with chin in, hips back, and chest out, and think how tall you are.
13. Obesity comes from overloading the stomach and underworking the body.
14. Take full deep breathing exercises, drink plenty of water and keep the skin active. It will help keep most people out of the doctor's hands.
15. Not too much worry.

**To Avoid Colds.****EAT**

1. three meals
2. of substantial food
3. slowly
4. and rest after meals.

**BREATHE**

1. plenty of fresh air
2. in office
3. in schoolroom
4. in bedroom.

**SLEEP**

1. eight hours at least.

**WALK**

1. to and from school
2. part way at least.

**AVOID**

1. cold and damp
2. when overheated.

**SHUN**

1. crowds
2. as much as possible.

**DO NOT USE**

1. another's cup
2. or towel.

**DO NOT ASSOCIATE**

1. with one having a cold.

**WEAR**

1. enough clothing
2. but not too much.

**BATHE**

1. frequently
2. in cold water preferably.

**USE**

1. medicine from a physician,
2. not from a druggist,
3. to cure a cold.

**Health Questions.**

1. Do you eat fresh fruit every day?
2. Do you eat succulent vegetables daily?
3. Are your meals properly balanced as to proteins, fats, carbohydrates and sugar?
4. Do you eat slowly and masticate thoroughly?
5. Do you know you do not eat too much?
6. Do you brush your teeth thoroughly at least once a day?
7. Do you know the temperature of your room should be from 66 to 70 degrees?
8. Do you sleep in a room which is well ventilated regardless of weather conditions?
9. Do you sleep eight hours per day?
10. Do you spend at least two hours every day outdoors?
11. Do you walk at least two miles every day in the open air?
12. Do you bathe your entire body at least twice a week?
13. Do you follow your warm bath with a quick cold sponge?
14. Do you know that you are not underweight or overweight?
15. Do you know that your eyes may not be causing some nervous disorder?
16. Do you refrain from using the same drinking cup and towels of another, even in your own family?
17. Have you a parched or sour feeling in mouth upon rising?

**Health System of Heating and Ventilation.**

Health system in heating and ventilating school buildings, now generally known as the St. Louis System, consists of a fan and vento heating coils for warming and distributing the fresh air and an air washer for removing dust and adding humidity and the use of the electrostatic



ozone purifier for destroying odors and bacteria. There are no radiators in the rooms. The cost of the apparatus is no greater than the old style and the cost of fuel is much less. This system was developed while endeavoring to reproduce the healthful air conditions found in the mountain and sea breezes. The data as to health in schools under test in comparison with other nearby schools indicate two and one-half to three and one-half times as many cases of illness for the old type against the new.

**Neglect in Health.**—In these days half our diseases comes from the neglect of the body in the over-work of the brain. In this railway age the wear and tear of labor and intellect go on without pause or self-pity. We live longer than our forefathers, but we suffer more from a thousand artificial anxieties and cares. They fatigued only the muscles, we exhaust the finer strength of the nerves. (Bulwer.)

### **Inculcation of Health Habits.**

#### **HEALTH CHORES.**

To inculcate right habits of living in childhood in respect to exercise, play, cleanliness, diet, rest, etc., the Missouri School Health Crusade chore plan as published by the Missouri Tuberculosis Association, is designated for use in practical instruction in personal hygiene. This health crusade course includes the use of:

Health Crusader's Chore Record Sheet with

Health Crusader's Weight Record,

Health Crusader's Certificate of Enrollment with

Explanation of Health Chores,

Explanation Circular,

Roll of Health Knighthood and Class Room Height and Weight

Record Chart with Honor Stars,

Health Habits vs. Health Rules—Walker,

Initiating the School Health Crusade—Capps.

The printed matter of the Missouri School Health Crusade may be purchased from the office of the Secretary of the Missouri State Teachers' Association, Columbia, Missouri. This printed matter, with the Honor Stars, will be supplied in tableted form in quantities sufficient for a school unit of twenty-five pupils for a sixteen weeks' course for one dollar per tablet, delivery paid. Extra tablets of 100 Chore Record Sheets alone will be supplied for sixty-five cents, and extra wall charts with honor stars for ten cents each, postpaid.

### **Duties of School Nurses.**

When nurses only have been appointed subject to instruction from the State Superintendent of Schools, the following shall be the duties of the school nurse:

The school nurse or nurses shall make in certain school districts an examination of each child as soon as practicable after admission to the school and shall report the principal signs and symptoms in writing on the form provided, to the principal who shall keep the records in the school building. The nurse should also keep the record at the state office.

The examination shall consist of an inspection of the scalp, skin of the face and hands, the mouth, throat and teeth, the joints and spine, and simple tests for sight and hearing. The pulse and temperature

shall be observed if necessary, and the presence or absence of vaccination scars be recorded.

Special examination shall be made of any new cases which may be referred to the school nurse by a doctor, inspector or principal and any other cases which a previous examination has shown to need attention, or which may otherwise come to her notice.

On completing these examinations the school nurse shall when she deems it necessary notify the parent or guardian of his child or ward and it shall be the duty of such parent or guardian to have the case duly attended to. In case of emergency the school nurse may render first aid, may bandage wounds, and apply antiseptic dressing to cuts, burns, and bruises but shall neither give nor prescribe medicines or other treatment.

The school nurse shall visit the pupils' homes and shall confer with their parents or guardians at such hours and places as may be arranged by her and approved by the principal.

The school nurse shall keep a written record of such visits and conferences and shall report promptly and fully in regard to them to the principal and the school inspector within one week after each visit or conference.

The school nurse shall assist the school inspector in preparing reports of the health of the children required by an act of the 51st General Assembly.

From "The School Nurse"—by Lina Rogers Struthers.

### **Help In Case of Accidents.**

1. **Drowning.**—1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing "Adam's apple" back (so as to close entrance to esophagus), direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. 7. **DON'T GIVE UP.** People have been saved after hours of patient, vigorous effort. 8. When breathing begins get patient into a warm bed, give warm drinks or spirits in teaspoonful. Fresh air and quiet.

2. **Burns and Scalds.**—Cover with cooking soda, and lay cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain or mixed with chalk or whitening.

3. **Lightning.**—Dash cold water over the person struck.

4. **Sun Stroke.**—Loosen clothing. Get patient into shade and apply ice water to the head.

5. **Mad Dog or Snake Bite.**—Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut adjoining parts with sharp knife.

6. **Venomous Insects' Stings, etc.**—Apply weak ammonia, oil, salt water or iodine.

7. **Fainting.**—Place flat on back; allow fresh air and sprinkle with water.

8. **Test of Death.**—Hold mirror to mouth. If living, moisture will gather. Push pin into flesh, if dead the hole will remain, if alive it will close up.

7. **Cinders in the Eye.**—Roll soft paper up like a lamp lighter and wet the tip to remove or use a medicine dropper to draw it out. Rub the other eye.

10. **Fire in One's Clothing.**—DON'T RUN—especially not downstairs or out of doors. Roll on carpet or wrap in woolen rug or blanket. Keep the head down so as not to inhale flame.

11. **Fire in a Building.**—Crawl on the floor. The clearest air is the lowest in the room. Cover the head with a woolen wrap. Wet if possible. Cut holes for the eyes; don't get excited.

12. **Fire in Kerosene.**—DON'T USE WATER, it will spread the flames. Dirt, sand or flour is the best extinguisher; or smother with woolen rug, tablecloth or carpet.

CONSTITUTION, BY-LAWS AND RULES  
OF THE  
SCHOOL ATHLETIC ASSOCIATION  
OF THE STATE OF MISSOURI

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CONSTITUTION.

ATHLETICS IN HIGH SCHOOLS.

The purpose of the constitution, by-laws and rules is to extend, perfect and foster the aims and ideals of the school athletic association, and to present a healthful and wholesome pastime to all those who are interested, either as players or spectators in athletics, as played on the school and college playgrounds, and to enable all participants to abide by the principles of good sportsmanship and honest and fair play.

ARTICLE I.

Athletics in each high school shall be in charge of a board of managers elected annually by the boys of the school and consists of four representatives from the *senior* class, three from the *junior* class, two from the *sophomore* class and one from the *freshman* class.

The board controls all games and contests of the school, but is responsible to an "advisory committee" which consists of three or four teachers appointed by the principal or superintendent of the school.

ARTICLE II.

The president of the "advisory committee" of each high school must report all athletics, baseball, soccer football, basket ball events with records to the county executive committee. All athletic dates must first be sanctioned by the county executive committee.

ARTICLE III.

**Duties of the High School Board of Managers**

1. Protection and purification of athletic sports and games in and between the various schools.

2. Passing upon the eligibility of contestants.

3. To act in case of disputes whenever appeals are made.

4. The board of managers shall take cognizance of all violations of the rules of the school athletic association and the rules governing the several athletic contests and decide all cases of dispute. An appeal can be taken to the advisory committee of the schools or the county executive committee.

5. All pupils who shall participate in any of the spring and summer athletic contests, baseball, field day and soccer football, must have been enrolled as regular pupils in the school they represent, seven days before such contests.

6. All pupils who shall participate in any of the fall athletic contests must have been enrolled as regular pupils in the school they represent seven days before such contests.

7. No pupil who shall have been absent from school ten days in the aggregate after entrance shall be permitted to participate in any athletic contests.

8. No pupil shall be permitted to participate in any athletic contests, who shall not have at least fifteen periods of school work per week, distributed among at least three studies. No pupil shall be permitted to participate in any athletic contests in the first year who shall not have attained an average of seventy per cent in the last semester in which he or she attended school; in the second year eighty per cent, and in the third and fourth years, eighty-five per cent.

### **Inter-High School Athletics.**

#### **ARTICLE IV.**

##### *County Athletic Board of Managers.*

Two representatives, a teacher and one pupil from each school in the county, shall meet annually and form the *county school athletic association*. The representatives then organize by electing officers and these constitute the "County Athletic Board of Managers" of the county school athletic association for that county. Each high school in the county shall be represented on this board. The president, with the assistance from the county superintendent, shall appoint the executive committee.

#### **ARTICLE V.**

**Officers.**—At the county athletic board of managers annual meeting to be held on the third Saturday in September at the call of the president, the members shall elect a president, vice-president, secretary and treasurer. These officers are to serve one year. The president and vice-president and county superintendent are responsible for all honest and fair reports to the district committeeman, who is again held responsible to the council executive committee at the state superintendent's office, Jefferson City, Missouri.

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4. The county athletic board of managers shall take cognizance of all violations of the rules of the school athletic association and the rules governing the several athletic contests and decide all cases of dispute. An appeal can be taken to the district executive committee which is governed by the state council executive committee.

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The above directions under Article V will hold in awarding "ringers." They also prevent semi-professional athletes (such as attend Missouri schools only to win laurels on the athletic fields) in taking part. This also will encourage the poorer pupils in school to do better work, and will also raise the standing of athletics in the schools.

## ARTICLE VI.

The county executive committee of five members shall be selected by the county school superintendent and president of county athletic board of managers at the annual meeting. After this election a report of the officers shall be sent to the state superintendent of schools not later than three days after election.

## ARTICLE VII.

**Termination of Membership.**

The school membership of any county may be terminated:

1. By resignation duly accepted by the county athletic board of managers and the district executive committeeman, or the approval of the state superintendent.
2. Upon the failure of any school to comply with any requirements of the constitution, rules or by-laws of the school athletic association, the district executive committee shall have the power in such cases to expel any school from the school athletic associations.
3. The membership in this school athletic association shall continue until the next annual election of officers.

## ARTICLE VIII.

The state shall be divided into five athletic districts, viz.: Central, Northeast, Southeast, Northwest and Southwest. Each district is to be under the supervision of its district executive committeeman who is under the authority of the state executive council. Each district committeeman shall be a member of a county athletic board of managers in his district. The state supervisor of physical education shall be the chairman of the district committeemen.

A vacancy in the membership of the district executive committeemen shall be filled by a majority of the remaining members.

## ARTICLE IX.

The district executive committeemen shall have full authority over all matters concerning athletics in their respective districts, including questions of eligibility and of championship.

## ARTICLE X.

The district executive committeemen shall meet once a year at the call of the council executive committee.

## ARTICLE XI.

The district executive committee shall report the proceedings of all meetings in full to the council executive committee. All decisions of the council executive committee are final.

## ARTICLE XII.

**PROTEST:** All disputes between schools of the same county must be decided by the county executive committee before any appeal from a decision of any county executive committee can be made to the district executive committee. This appeal must be submitted in writing to the president of the district executive committee not later than four days after the decision is handed down by the county executive committee and must be accompanied by a deposit of one dollar. In case the previous decision of the county executive committee is upheld by the president of the district executive committeemen, the team forfeits the one dollar deposited, but if the decision of the body is overruled the one dollar deposited is returned.

## ARTICLE XIII.

The state athletic council shall consist of the six school inspectors from the state educational department and also the assistant director of vocational and rehabilitation work and the chief clerk, with the state superintendent of public schools as ex officio member who shall be chairman of the council.

## ARTICLE XIV.

The executive committee of the state athletic council is empowered to investigate the affairs, demand any reports, examine the finances, or scrutinize the minutes of any school in any county athletic board of managers. All disputes between various county schools shall be settled by the county executive committee but appeals may be made respectively to the district and the council executive committees.

## ARTICLE XV.

The state athletic council shall make all rules and regulations for the district executive committeemen. The state athletic council and district executive committee are appointed by the state superintendent of schools.

## ARTICLE XVI.

Upon approval of the state superintendent and the district executive committee the county athletic board of managers shall be admitted to the school athletic association upon the payment of the sum of ten dollars to the state physical director at the office of the state superintendent of schools.

All the expenses for medals and badges of the school athletic association shall be shared equally by all schools. The amount of expenses shall be deducted from the deposit money, and the remainder is to be returned to the president of the various county athletic board of managers at the end of the season. However, if any county athletic board of managers fails to comply with the constitution, by-laws, or rules of the school athletic association, or fails to carry out its schedule, the money advanced by the county athletic board of managers shall be forfeited to the state director of physical education to be expended as deemed best by the council executive committee.

## ARTICLE XVII.

**Special Permission.**—To play outside of the county, special written permission must be obtained from the district executive committeeman, subject to the approval of the council executive committee, to play all games not under the jurisdiction of this association. Such permission shall not be granted if there is any indication that the school or team of any county or members of the team receive more than their legitimate expenses, or if any part of this constitution, any by-laws, or the rulings of the school athletic association are violated. Permission granted in such cases shall extend only to the bona fide members of the team securing permission. Even though such permission shall have been granted, a protest may be considered by the district executive committee, if it is asserted that such a game was not played under the conditions presented and specified to the district executive committee, or the chairman thereof at the time such permit was granted.

## ARTICLE XVIII.

The school winning the state school athletic association championship in athletic or game contests must not schedule post season games or contests without written permission of the district executive committeeman.

### BY-LAWS.

**Membership.**—The school athletic association shall be composed of members who are students in the high schools of the state, as follows:

Section I. Under the Constitution, By-Laws, and Rules of the School Athletic Association, the boys of the high schools shall be divided into two groups. The first group shall include all the boys in the Freshman and Sophomore classes, and shall be designated as class "B." All the boys in the Junior and Senior classes shall be in the second group, and shall be designated as Class "A." The girls in the high schools shall be grouped in the same manner and shall be designated as belonging to Classes "B" and "A."

Section II. By the consent of the district committeeman any two high schools may enter into athletic contests in which the entire high school acts as a unit instead of being divided into two groups.

In this case the expenses for medals and badges must be paid by the contesting schools.

Section III. **Application for membership.**—This application must clearly set forth:

1. The name of the school and county.
2. The name and address of each team manager.
3. The time and place where the schools prefer to play or hold their athletic events.
4. To what class they belong.

Section IV. The annual meeting of the county athletic board of managers must be held on the third Saturday in September at the call of the president.

Section V. Any meeting of the county athletic board of managers can be held whenever found necessary by the president or by request of the district executive committee and by the council executive committee.

Section VI. A paid coach must be a member of the high school faculty in which he is employed as a teacher of Physical Education.

### RULES.

1. The state athletic council will furnish medals or badges as prizes for athletic contests for each county holding membership as well as for the state-wide athletic meeting, provided that each county athletic board of managers deposit ten dollars with the state physical director at the office of the state superintendent of schools, before entering any contest. All who fail to comply with any of the rulings of the council shall forfeit the deposit which is to be expended as deemed best by the council. Each county is to furnish programs and officials for the annual county athletic events, and send the winners of the different athletic events, at the expense of the county, to the annual state-wide athletic events.

2. **In case of Ties in Field Events:** In case two or more runners finishing the race should tie, then the runners who tie must repeat the race in order to decide the winner. If a county by a tie should qualify two boys in one event for the state meet, the county may be credited by the points of only one competitor. The state council plans to have a medical examination made of the heart of every boy who competes.

3. **Athletic Events for Boys:**

100-yard dash.

High jump.

Eight pound shot-put.

Running broad jump.

Running, hop, step and jump.

Relay Race (six boys, 600 yards).

Pole vault.



**4. Athletic Events for Girls:**

Sixty-five yard dash.

Basket ball throw for distance.

Trunk raising.

Basket Ball Relay Race (six girls, 390 yards).

**Explanation of Basket Ball Throw:** The ball shall be a basket ball (Spalding preferred). The ball is thrown from within a circle seven feet in diameter, the same as the shot-put circle for boys. The ball may be thrown with the left or right hand with a run within the circle and end with a jump within the circle in sending the ball to the desired distance.

**Explanation of Trunk Raising:** Contestant lies on back on floor or mat, arms folded across chest. Raise trunk to sitting position twelve times in succession. The knees must be kept straight and feet not raised from the floor nor held there by any weight.

**5. SCORE AS FOLLOWS:**

Raising trunk 12 times, scores 5 points.

Raising trunk 8 times and over, scores 3 points.

Raising trunk 4 times and over, scores 1 point.

6. In estimating the results of the contests, the field judges shall score as follows: Each contestant has a right to enter as many events as he wishes. The judges keep account of all points made by the contestants. Any contestant winning the highest place in any event receives five points; the second highest place, 3 points; and the third highest place, one point. The one receiving five points gets a blue badge, the one receiving three points gets a red badge, and the one receiving one point gets a white badge. The contestant whose points aggregate the highest in all events is awarded the highest honors.

**ELIGIBILITY RULES FOR ATHLETIC CONTESTANTS.**

**Qualifications, Registration of Players.**

A. All contestants must be registered seven days before any athletic meeting or games with the approval of the county executive committee.

B. This registration does not exempt any player from protest at a later date, providing sufficient proof is presented. The county executive committee may declare the player in question ineligible at any time.

C. Any player expelled from a contest or game by referee or judge may be suspended by the chairman of the county executive committee, subject to the approval of the county athletic board of managers.

D. No player or athlete is eligible to play on a team or take part in a contest who has played in any "professional" game.

E. The interpretation of the meaning of the word "amateur" and "professional" shall be left entirely to the judgment of the executive committee, under whose supervision the contest is held.

F. The chairman of the advisory board of each high school should submit to the chairman of the county executive committee satisfactory official reports annually.

G. To represent a school in any contest, the student shall not have reached his twentieth birthday.

H. No student shall be eligible to compete for more than four seasons in any sport or type of contest.

I. Each high school should be represented in each county contest by a team which actually takes part in two events chosen from the list which follows:

**Team Contests.**

Basket Ball.  
Indoor Baseball.  
Soccer Football.  
End Ball.  
Captain Ball.  
Volley Ball.  
Tether Ball.  
Net Hand Ball.

Each high school should have a class room calisthenic drill for the county championship. The school which wins the county championship three successive times, will receive a state prize:

1. The first a pennant.
2. The second a pennant.
3. The third time a state prize.

No player can be on two teams. Class drills are considered the most essential of all physical contests and the class scoring the greatest number of points in the state meet will receive the highest honors of all events.

The advisory board of each high school is held responsible for all contestants on their entry blanks or cards.

A physician should be present at all interscholastic contests and be readily available at all times in case of accidents.

**AMENDMENTS.**

Amendments to the constitution, by-laws and rules may be added by a two-thirds majority of the district and council executive committee at their annual meeting.

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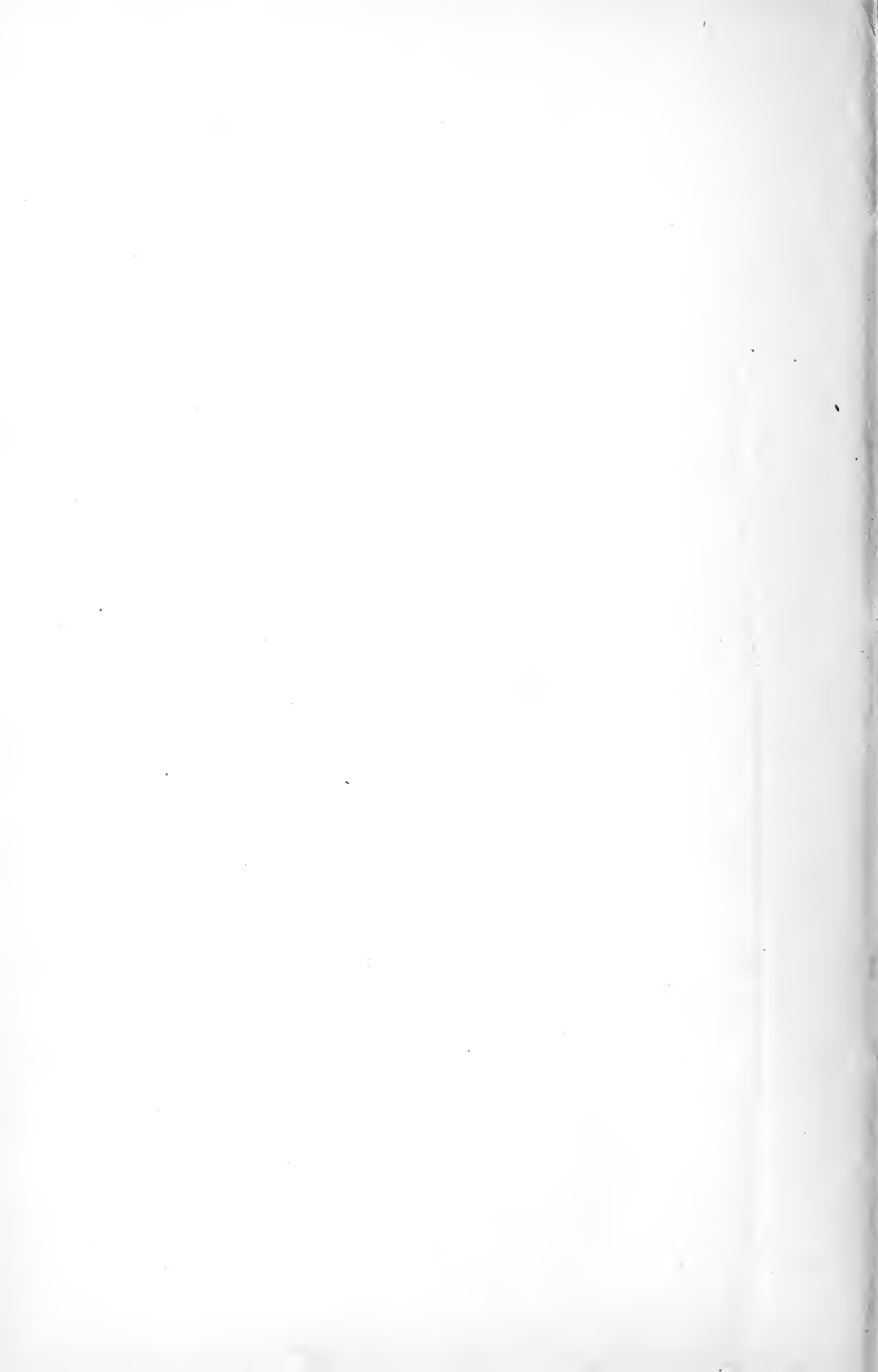
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